VIFF LAUNCHES TWO WEEKS OF FAB FILM, PG7

Relating pg 10

Collins on campus sex cops

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Sundin hanging up skates

HOCKEY Former Vancouver Canuck Mats Sundin is retiring from hockey after nearly two decades in the NHL.

"It was a tough decision," Sundin told reporters yesterday in Stockholm. "It's sad to tell you today that my career as a pro hockey player is over."

Records

- Longest-serving European captain in NHL history.
- First European to go No. 1 in the NHL draft.
- First among Swedish players with 564 goals, 785 assists and 1,349 points.

The 38-year-old Swede, who said he reached the decision this fall, spent 13 years of his NHL career with the Toronto Maple Leafs before playing for Vancouver last year.

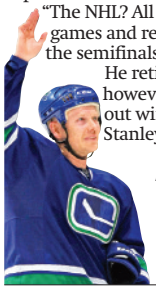
One of Sweden's key players in the 2006 Turin Olympics, where Sweden beat Finland in the final, he recently ruled out playing for his home country in next year's Winter Olympics in Vancouver.

Sundin singled out winning Olympic gold along with playing in the NHL playoffs as the highlights of his career.

"It was a special experience," Sundin said. "The NHL? All playoff games and reaching the semifinals twice."

He retires, however, without winning a Stanley Cup.

THE ASSOCIATED PRESS



Mats Sundin

B.C. **Fashion Week**

KRISTEN THOMPSON/METRO VANCOUVER

A model walks down the runway at Circa Restaurant in Vancouver yesterday, for the Generation Next fashion show, which is part of B.C. Fashion Week. More style coverage, pages 18 to 20.

City brands itself green techno hub

'Green Capital' plan unveiled

JEFF HODSON
jeff.hodson@metronews.ca

Vancouver will brand itself as a 'Green Capital' to visiting businesses during the Winter Olympics, the mayor announced yesterday, part of an effort to attract clean-technology development to the city.

"Let's own green," said Gregor Robertson as he unveiled the city's new business branding at a Vancouver Board of Trade luncheon. "Enough with the modesty."

The logo is a stylized V of intersecting green and blue lines above the slogan: Vancouver Green Capital.

"Let's make it our market advantage. Let's claim what is rightfully ours and make sure the world knows it."

Robertson would not get into specific details about how the brand might be used, other than to say it would be used during the Games at Vancouver House and at Olympic Live Sites.

Slideshow images during Robertson's speech showed the brand used in city banners, as part of advertising at bus stops and as a decal on a white Toyota Prius hybrid.

He said a comprehensive branding strategy will be released in November along with the city's new economic development strategy.

Robertson, describing himself as "salesman-in-chief" to the world, said the city is already an emerging hotspot for the green economy and is home to some major players like Ballard and Nexterra.

Part of the challenge, he said, would be in changing the world's perception of the West Coast lifestyle.

"It's important that the world sees that Vancouver is serious about business too. We can't just be a laid-back place to chill out."

He said there are a number of world cities competing to be recognized as green hubs, including San Jose and London.

"Vancouver has the potential to be a top five global clean-tech city, with a world-leading cluster of clean-tech innovation, jobs and investment."

He added that B.C.'s clean energy technology sector has the potential to reach $5 to $6 billion by 2020.

Campaign

VANCOUVER GREEN CAPITAL

- The Green Capital campaign was developed by Haymaker Communications, a local marketing company, Robertson said. He would not say how much the logo and slogan cost to develop.

Canucks, Flames face off in NHL season opener

HOCKEY The Vancouver Canucks open the NHL season tonight in Calgary against the Flames in a battle of the two Canadian teams most likely to end the country's 16-year championship drought.

Vancouver raced through the pre-season with a 7-0-2 record, but forward Daniel Sedin doesn't believe that's too important.

"It's fun to win in the pre-season, but (today) it's going to matter," he said before the Canucks flew to Calgary.

Goaltender Roberto Luongo said starting the new season can help erase the frustration Vancouver felt after losing to Chicago in the second round of the playoffs last year. The puck drops at 7 p.m. on CBC.

Full NHL preview, page 14.

METRO VANCOUVER WITH FILES FROM THE CANADIAN PRESS

News on the Move

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Local pg 6

2010 uniforms unveiled today

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Local

2010 Olympic weather online

Environment Canada has launched a weather forecast website dedicated to the 2010 Winter Olympics in Vancouver and Whistler. It includes current and forecast information by Olympic city, venue and even the Sea to Sky highway. Visit weatheroffice.gc.ca/2010. METRO VANCOUVER

METRO INTERNATIONAL NEWSPAPER OF THE YEAR
2009 Festival of Media Awards

News in brief

JENKINS A memorial ceremony is being held in Calgary today for Ryan Jenkins, an accused murderer who killed himself in a motel in Hope in August. The Calgary native and reality TV star was suspected of killing his model ex-wife in Los Angeles.

FIRE No one was injured when a fire broke out in a three-storey apartment building in Maple Ridge yesterday. Authorities are investigating the cause of the fire at Westgate Apartments.

DEATH An Abbotsford man who was reported missing in September has been found dead near Hope. Jean Guy Potvin disappeared after leaving Cultus Lake campground on Sept. 13. His body was found at the scene of a car crash on a remote road yesterday afternoon.

COLLISION A man is in critical condition after jaywalking across Scott Road in Surrey and being hit by a logging truck. The driver of the truck failed to stop, and police say it's likely the driver didn't know someone had been hit. Witnesses are asked to call police.

CONVENTION New Democrat Leader Carole James will address B.C.'s civic leaders today in Vancouver during her speech at the Union of B.C. Municipalities annual convention.

METRO NEWS SERVICES

metronews.ca
WHAT'S ONLINE TODAY

Video Cirque de Soleil founder blasts off to become Canada's first space tourist at **metronews.ca/canada**

Blogs Hollywood Rants on the opening of Zombieland and the rise of zombie culture

Lotteries

Lotto 6/49	4, 10, 29, 33, 39 & 46 Bonus 2
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Extra	32, 72, 79, 88

These results are not official.

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Fashion **Student flair**

STIG NIELSEN/FOR METRO VANCOUVER

A model wearing a design by Brianna Vogelaar walks down the runway at the Rocky Mountaineer Station last night. Twenty fashion arts graduates from Vancouver Community College showcased their designs during the Fiat Mode XXII fashion show.

Man with gang connections killed in likely targeted shooting

CRIME A 35-year-old Surrey man was shot dead in the middle of Cambie Street near West 19th Avenue in what police say was likely a targeted gang shooting.

Rajinder Soomel, who had known gang connections, was killed around 10:15 p.m. on Tuesday, and Const. Lindsey Houghton said it appears he was shot while walking down the street.

"Officers (were) on scene throughout the day, canvassing businesses and residents for things like surveillance video," Houghton said.

"If residents or business owners find what they think may be a bullet hole, please find us."

Houghton said it's lucky no one else was injured, given that the shooting happened in a busy part of the city.

No suspects have been arrested. KRISTEN THOMPSON/ METRO VANCOUVER

Man shot, killed by RCMP after standoff

SHOOTING A northeastern B.C. man has been shot and killed by the RCMP after a five-day standoff that started with a domestic dispute.

It's the second time in less than a week that a northern B.C. resident has died in gunfire with police after a man died Saturday near New Hazelton while Mounties tried to arrest him.

The RCMP say the latest incident began Saturday when the 41-year-old resident of a farm near Buick Creek pursued a van carrying his wife, an undetermined number of children and a friend.

The van went to a nearby home, said RCMP Cpl. Dan Moskaluk, and when the wife and children refused to return home with the man, he left.

Yesterday, he was spotted on his property with a gun, and when he apparently tried to leave his farm, he was confronted by emergency-response members.

This was when shots were fired by the police, said Moskaluk. THE CANADIAN PRESS

Sports, sex and STIs

Infections possible once Olympic partying begins

Vancouver 2010 **Games**

ANDREA WOO
for Metro Vancouver

In four months, thousands of people will descend upon Whistler, fuelled by testosterone, adrenaline and the anticipation of an Olympic-sized party — and it's possible they'll leave with more than just memories.

Jennifer Matthews, a Vancouver-based researcher who conducted the 2007 Whistler Guys Study on intoxicated sex, said some Olympic host cities, such as Sydney, ended up with a higher rate of sexually transmitted infections following the Games.

"People come and they party. They might have unprotected sex with someone and get an STI, but (it's difficult to) track that because they go home to their home country," she said.

Marisa Collins, a physician at Whistler's Sexual Awareness For Everyone clinic, said she is not yet sure what to expect.

"Our clientele are not the tourists some tend to think of when thinking Whistler," she said. "Our constituency at SAFE are the young Whistler workers. Their numbers should be stable come time for the Olympics. Of course, what happens behind the fence ... is not something I know about."

In a 2008 column for the U.K.'s Times Online, British journalist and former Olympian Matthew Syed described the Olympic atmosphere among athletes as being thick with sexual tension — something he attributed to their high testosterone levels and a "volcanic release of pent-up hedonism" after displaying "an unnatural level of self-discipline."

His first Games, in Barcelona, was "as much about sex as it was sport," he wrote.

Condoms

- Patrick Schamasch, medical director for the International Olympic Committee, says 50,000 condoms will be distributed at the two athletes' villages, hotels and polyclinics.

m.metronews.ca

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Cellphone restriction for drivers eyed

LEGISLATION British Columbians may only have a few more months to chat on their cellphones or text while behind the wheel.

Legislation to restrict the use of cellphones while driving will be introduced for debate in the House this fall, and new laws may be introduced as early as January, Solicitor General Kash Heed said in Vancouver yesterday.

"We'd certainly like to see (it debated) in the very near future, and we could put some of the regulations into effect sometime in the new year," Heed said.

"We have looked at what the other provinces are doing. Certainly, we're ensuring that at the end of the day, we have (regulations) for what we need here in British Columbia."

The use of cellphones while driving is banned in Ontario, Quebec, Nova Scotia and Newfoundland and Labrador.

In Ontario, drivers could be fined $60 to $500 for breaking the law.

METRO VANCOUVER

Graduates bring art to SkyTrain stations

STIG NIELSEN
for Metro Vancouver

EMILY CARR An art project showcasing local artists at Burrard and Waterfront SkyTrain stations was officially opened to the public yesterday.

Between Spaces is meant to foster a sense of community ownership of the SkyTrain system.

The B.C. Rapid Transit Company enlisted six Emily Carr University graduates to be the first artists to decorate the public venues.

"Public art belongs to the community," Susan Stewart, a dean at the university, said in a release.

SkyTrain field supervisor Michael DeCambra has been a part of the art initiative since its conception.

STIG NIELSEN/METRO VANCOUVER

Emily Carr University graduate Krista Jahnke with her artwork, Same Soup Different Flavours: 100 pairs of Converse Shoes, at the Burrard SkyTrain station yesterday.

DeCambra said he believes what makes a society survive is a sense of unity, and that is why he has been working to bring in local artists to build community.

"Looking at people's reactions, yes it does (do the job). People are rushing to go home, but the art slows them down," DeCambra said.

The artists' works share themes of community, natural environment and transportation.

T-Rex dons mittens for 2010 Games

The world's largest dinosaur — a Tyrannosaurus Rex in Drumheller, Alta. — is wearing giant fleece mittens made to resemble the Vancouver 2010 Red Mittens, the Games' newest souvenir. The Red Mittens, which go on sale today for $10 a pair, will be worn by Canada's 12,000 torchbearers. METRO VANCOUVER

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Auto thefts plummet in B.C.

Bait cars credited for helping to reduce thefts by 71%

KRISTEN THOMPSON
kristen.thompson@metronews.ca

Vancouver police celebrated the seventh anniversary of the Bait Car program yesterday by announcing car theft has dropped 71 per cent in the province this year compared to six years ago.

Theft of cars is also down 27 per cent this year compared to last, with 710 cars having been reported stolen between January and June.

"Bait cars are a shining example of how innovation, integration and investment are working to reduce auto-theft crime," said Solicitor General Kash Heed at Vancouver police headquarters.

KRISTEN THOMPSON/METRO VANCOUVER

VPD auto-crime expert Det. Phil Ens shows what happens when a car thief steals a bait car, outside police headquarters yesterday.

"B.C. now has the largest bait-car fleet in North America."

Bait cars are placed around the city and can be tracked by police once they are stolen.

Everything that takes place inside the bait car is caught on live audio and video, and once police are behind the stolen vehicle, its engine is disabled.

"We've seen a continued drop in auto-crime claims thanks to this successful partnership and customers taking steps to protect themselves," said Nicolas Jimenez, ICBC's road-safety director.

"It's one of the reasons we've been able to lower optional insurance rates."

Video online

- To watch surveillance video of real thieves in bait cars, visit baitcar.com or visit YouTube.

News in brief

PARKING Drivers can expect a greater likelihood of being ticketed if they park illegally at night after the city extended the hours that bylaw officers work until 2 a.m. Eight more workers have been on the job until late since August — they previously ended their shifts at about 10:30 p.m.

COLLISION A 55-year-old Richmond woman was in critical condition yesterday after being struck by a pickup truck while waiting on the sidewalk on Monday. The pickup truck had struck a car that was making a left-hand turn at Blundell and No. 2 Road, and the force of the collision sent it onto the sidewalk.

RATING Vancouver and Delta have each earned a gold rating for their vehicle fleet management and environmental performance, according to the Fraser Basin Council.

JUDGE Justice Anne MacKenzie has taken over proceedings in the B.C. legislature raid, cknw.com reports. Presiding Judge Elizabeth Bennett stepped aside last month after she was promoted to the B.C. Court of Appeal.

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Bryan Adams returns home

Bryan Adams will be back home in Vancouver today for a concert at the Orpheum Theatre. The Grammy-, Juno-, Academy- and Golden Globe Award-winning musician hits the stage at around 8 p.m. METRO VANCOUVER

News in brief

ARREST A man has been arrested in the murder of a Maple Ridge man last Friday. James William Ball, 43, was stabbed outside a Safeway in the 20,200 block of Lougheed Highway. He was pronounced dead at the hospital. A 25-year-old Coquitlam man was arrested Tuesday for his murder.

APPREHENDED Coquitlam Mounties have nabbed a prolific mail thief following a joint investigation with Surrey RCMP and Canada Post. The man was arrested Sept. 9 and a search of his house found counterfeit postal keys, stolen mail, computers and various break-in tools.

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Hudson's Bay Co. to unveil 2010 outfits

HBC CEO admits Beijing uniforms missed the mark

VANCOUVER 2010 Games

When the Canadian Olympic uniforms for the 2008 Beijing Games were unveiled, about the most flattering term used for them was funky — a word that can alternatively mean trendy or having an unpleasant smell.

Jeff Sherman, president and CEO of Hudson's Bay Co., admits the uniforms the company provided athletes last year missed the mark.

But the official Olympic clothing line for the 2010 Games to be unveiled today at what will be Hudson Bay Co.'s signature Olympic store in downtown Vancouver will include coats, hats and scarves that Canada's athletes will be proud to wear, he said.

The Bay has the exclusive rights to clothe Canada's Olympic team, a contract they won starting with the Torino Olympics in 2006 and lasting until the London Games in 2012.

The 2010 product line, which will also be sold in Bay stores across Canada starting today, is "very Canadian," he said.

"I think people will be very pleased with what they see," Sherman said.

"There was an enormous effort that was made to connect the history, the culture, the attitude of what is Canada to now the Games in Canada," said Sherman, an American who took on the top job at Hudson's Bay in July 2008.

He added the 2010 Olympic apparel was created by the Bay's design team, but included "a lot of input" from the athletes.

"If the athletes aren't proud to wear it and they don't like wearing it then you've missed the mark."

THE CANADIAN PRESS

Made in China

- The federal government and several opposition MPs cried foul after learning most of the uniforms for Canadian athletes at the Beijing Games were made in China, not Canada.

Carbon emissions worth it: MLA

VANCOUVER 2010 Games

OLYMPICS The B.C. cabinet minister in charge of the 2010 Olympics says the carbon emissions that will be generated by transporting the torch across Canada beginning next month is worth it to build excitement for the Games.

Olympic organizers have boasted that the 2010 torch relay is the largest in the history of the Games.

The Olympic flame will travel by air, land and water through every province and into the Far North, starting in Victoria on Oct. 30 and covering 45,000 kilometres over the next 106 days.

The David Suzuki Foundation estimates the relay will generate about 1,500 tonnes of carbon emissions.

B.C.'s minister of state for the Olympics, Mary McNeil, says that impact is worth it to include all of Canada in the build-up to the opening ceremonies in February.

Vancouver organizers have committed to making the Games — including the torch relay — carbon neutral by purchasing carbon offsets for at least 110,000 tonnes of emissions. The total impact of the Games is estimated to be about 300,000 tonnes, and Olympic officials are encouraging sponsors, competing nations and spectators to cover their share.

THE CANADIAN PRESS

JONATHAN HAYWARD/THE CANADIAN PRESS

Operations manager for the Coca-Cola torch relay team, Josh Luetkemeyer, wears an outfit made of recycled pop bottles in front of a hybrid-electric truck in Vancouver yesterday. Coke announced its plans for a sustainable torch relay.

B.C. fighters make bail, can go home

PHILIP CROUCHER
Metro Canada

RELEASED Two B.C. men facing charges related to an alleged sexual assault in Halifax over the weekend have made bail and are allowed to go home.

Garry Christopher Peak, 32, and James Christopher Hanson, 27, originally from Prince George are each charged with aggravated sexual assault and forcible confinement.

A Halifax judge set bail for the two at $10,000, with each also having to show they have the money collected before being released.

Peak, who competes out of Victoria as Chris "Mountain of Mayhem" Peak, was in Halifax Saturday to compete in the main event of Extreme Cage Combat 10. He lost by submission in the opening round.

Hanson is also a mixed martial artist, but didn't compete in the show.

WITH FILES FROM THE CANADIAN PRESS

VIFF among five largest North American film fests
The Vancouver International Film Festival is one of the five largest in North America, both in the number of films that are screened — more than 370 — and audience size, attracting more than 150,000 people. METRO VANCOUVER

Audiences big part of film community

VIFF offers sharing and intelligent discourse

JEFF HODSON
jeff.hodson@metronews.ca

Vancouver International Film Festival
VIFF

Part of the thrill of a film festival — differentiating it from an average night at the movies — is the sharing and chatting that spreads wildfire-quick through audiences and film lineups.

"Word of mouth travels very fast during festivals," said PoChu AuYeung, program manager with the Vancouver International Film Festival, which begins today and runs through Oct. 16.

"It's like the whole idea of blogging. People need to share. That sense of community and sharing is part of any kind of festival event."

More than 150,000 people are expected to take in VIFF — including diehards, who AuYeung said will take time off work to plan their viewing schedules.

This year the festival includes 377 films, including about 250 features, from more than 80 countries.

Another difference, said AuYeung, who has seen more than 200 films and submissions this year, is the interaction between the directors and actors who create the films and the audiences who watch them.

"Our audiences don't just want celebrities, they want an informed exchange with the director after the screenings. Many of our visiting directors have commented on how intelligent and informed our audiences are."

A pair of programs are new to the festival this year. The first, Follow The Money, features films on the global economic downturn.

The second, Audience Favourites, is made up of audience choice films from festivals around the world.

AntiChrist 'therapy' for director

PHIL BROWN
for Metro Canada

IMAGE SUBMITTED

An unnamed psychiatrist (Willem Dafoe) carries his wife (Charlotte Gainsbourg) in the movie Antichrist.

Vancouver International Film Festival
VIFF

After years of being a film festival favourite with films like Breaking The Waves and Dogville, Danish director Lars Von Trier appeared at this year's Toronto International Film Festival live via satellite to discuss his latest film, Antichrist, along with Willem Dafoe (who was there in person).

When the rather intense movie premièred at the festival some audience members fainted and fled the theatre (upon hearing that, Von Trier deadpanned, "Good"), but those who stayed applauded the latest work by a master filmmaker.

"I remember starting with the idea of doing a horror film, which it maybe turned out not to be," said Von Trier when asked how he came up with Antichrist. Fortunately, Dafoe was able to fill some details.

"Lars was in a period of depression …," said Dafoe. "He decided to collect dark images, dreams, and thoughts and turn them into this film."

Though clearly shaken, Von Trier seems to have used Antichrist as a perverse form of therapy.

In the movie, a psychiatrist (Dafoe) and his wife retreat to the woods to deal with a loss only to end up falling victim to violent insanity.

Despite the controversy, this movie might be Von Trier's best.

Film reviews

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

The Imaginarium of Doctor Parnassus

●●●

REVIEW Directed by Terry Gilliam, this movie is best known as Heath Ledger's last film.

The strange tale of an immortal who complicates his life by making deals with the devil is beautiful looking — it'll make your eyeballs do the Watusi! — but it's more a piece of surrealist art than a traditional movie.

The story is somewhat hard to follow, but the casting of Johnny Depp, Jude Law and Colin Farrell to replace the late Ledger in the imaginarium scenes is inspired.

RICHARD CROUSE/FOR METRO CANADA

Burma VJ: Reporting From a Closed Country

Director: Anders Ostergaard

●●◐

REVIEW Burma VJ: Reporting From a Closed Country delves into the stringent conditions placed on journalists in that country.

The director introduces us to a journalist named Joshua who works for the Democratic Voice of Burma, a group of citizen reporters who smuggle information and video footage out of the military state and then broadcast back into Burma and around the world.

While everything about Burma VJ begs you to stand up and take notice, Ostergaard gives us no context to better understand what we're watching. How did the military come to power? What is the significance of the monks in Burma? These and many more questions are left unanswered.

IAN GORMELY/FOR METRO CANADA

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Reward for missing girl extended

The reward for a missing Quebec girl who vanished under suspicious circumstances is being extended until the end of the year. Prominent Quebec lawyer Guy Bertrand says he'll continue fielding calls from anyone with information on Cedrika Provencher until Dec. 31. THE CANADIAN PRESS

Canada

Vaccine makers protected by feds

Canada will shield vaccine makers in case of lawsuits over the new swine-flu shot. The chief public health officer, Dr. David Butler-Jones, says drug companies will be protected if there are problems with the vaccine — as long as the problems are not caused by malpractice. That means the federal government — not the vaccine makers — would have to pay any damages awarded in court. THE CANADIAN PRESS

News in brief

DRUGS An American legislator called Canada "parasitic" yesterday for siphoning U.S. dollars to Canada with low prescription drug prices while his country does "all the innovation." Canada benefits financially from America's role as a world leader in medical advances, Republican Sen. Bob Corker charged in an exchange with Liberal Minister of Parliament Carolyn Bennett. as she testified before a U.S. Senate committee.

SENTENCE A Canadian soldier who shot his close friend dead in Afghanistan during "horseplay" with firearms violated the trust of his colleagues, a military judge said yesterday before dismissing Matthew Wilcox from the military and sentencing him to four years in prison. Cmdr. Peter Lamont said Wilcox's carelessness had a fatal result for Cpl. Kevin Megeney, who died on an operating table after his tentmate in Afghanistan fired a bullet through his chest on March 6, 2007.

THE CANADIAN PRESS

Toronto **Monkey business**

CHRIS YOUNG/THE CANADIAN PRESS

A month-old baby gorilla is held by his mother Ngozi at the Toronto Zoo yesterday. The zoo is holding an online competition to name the baby western lowland gorilla.

Tories play favourites with federal cash: MP

New Democrat argues exclusion from information

Opposition MPs say the Harper government is playing political games with federal stimulus funding by keeping them out of the loop — and the limelight — in their own ridings.

New Democrat Linda Duncan and others say they may be getting their fair share of taxpayer-funded projects, but they repeatedly find themselves excluded from the flow of information and publicity.

"It's become a political slush fund," said Duncan, the lone opposition MP in Alberta, who reads the local paper to learn about which projects have won funding in her riding.

Duncan said the flow of money seems to be OK, a comment trumpeted this week by Transport Minister John Baird, facing criticism from the Liberals that the Conservatives are hogging too much of the stimulus money.

But she said Baird was too quick to assume that her comments were a tacit approval of a process that has become highly politicized.

"What he failed to mention is my displeasure with their failure, as a minimum courtesy, to inform me when approvals are given. (Meanwhile,) they are taking the Conservative candidate to all the media announcement events."

The Conservatives are gunning for her riding. She won it by a narrow margin last election. Like other opposition MPs who barely beat their Tory opponents, she sees money coming her way, but she gets no credit for it.

"It seems to me that the only way you can find out about your riding is, you have to go across the floor and ask the 1/8 Conservative 3/8 MPs,"she said.

THE CANADIAN PRESS

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Native women a target: Amnesty report

FIRST NATIONS The federal government's effort to stop violence against native women represents "a shocking failure" to stem an epidemic of murder and disappearance, says Amnesty International.

Ottawa must get to the heart of why more than 520 native women have vanished or been killed over the last four decades, the human rights watchdog said in a new report, No More Stolen Sisters.

"The positive measures taken in a number of communities and jurisdictions across the country highlight the shocking failure of the federal government to ensure an effective national response," said secretary general Alex Neve.

"Words of concern have not been met with real action."

THE CANADIAN PRESS

Death toll

The Native Women's Association released a report last spring on a database it compiled over the last five years as part of its Sisters in Spirit project. The numbers are startling:

- At least 520 aboriginal women, most of them under 30, have been killed or have vanished since 1970 across the country.
- Sixty-seven per cent of the total — 348 women — were murdered and almost one quarter are still missing, many of them under the age of 18.
- No one had been charged in 150 confirmed homicides of those women.

Young people saving less, says study

MONEY Young Canadians are saving less than their parents and grandparents did at the same age, with young men being the worst at sticking to a budget, according to the results of a new survey.

The TD Canada Trust study released yesterday suggests 80 per cent of Canadians found saving money "too hard" and that young people between the ages of 18 and 34 were more interested in saving for a house than for retirement.

Among survey responses, 19 per cent 18- to 34-year-olds said they were saving 10 to 25 per cent of their total monthly income. That compared to 29 per cent of people over age 55 who said they saved that amount when they were younger.

Young adults blamed their lack of savings on not making enough money, while people 55 and older said the cost of living prevented them from saving more when they were young.

TD's Carrie Russell said the results were disappointing and prove that saving money is not something that comes naturally to most. "It has to be practised," said Russell, a senior vice-president. "And the earlier you start the better off you will be."

The survey found 54 per cent of 18- to 34-year-olds respondents said they have a rainy day fund, compared to 55 per cent of 35- to 54-year-olds and 63 per cent of those 55 and older. However, 76 per cent of 18-to-34 year-olds considered themselves financially responsible. THE CANADIAN PRESS

Protesters target Suncor oilsands sites

A Suncor oilsands upgrader kept working yesterday despite attempts by an international group of Greenpeace activists — 20 of whom ended up being arrested — to block its supply of bitumen.

But if the real goal of the group's second such protest in less than a month was to draw attention to concerns over the industry's impact on climate change, the environmental group was probably smiling anyway.

Hours after an emailing campaign informed reporters activists had climbed three-storey bridges to block the flow of bitumen into Suncor's massive upgrader, the story was playing on Canadian newspaper websites from coast to coast, and on websites around the world.

Then came word the RCMP had moved to arrest protesters in kayaks and canoes who had unfurled a banner reading, "Dying for Climate Leadership" across the Athabasca River beneath a bridge linking two Suncor sites. That was followed by the arrest of 10 others who were occupying a conveyor belt used to take bitumen to the upgrader.

Suncor spokesman Mike Hudema confirmed that Greenpeace's executive director Bruce Cox was one of those taken into custody.

"It was definitely a very peaceful protest. The safety of everyone, including activists and workers alike, is one of our top concerns," said Hudema, adding the conveyor belt was shut down for 10 hours.

THE CANADIAN PRESS

Tory MPs patch rift over flavoured-tobacco bill

Canada's rookie health minister appears to have won a political tug-of-war with her Quebec colleagues over contentious changes to flavoured-tobacco controls.

The Quebec wing of the Conservative caucus had pulled for amendments that would ban some flavours and additives in cigars and cigarettes but not others.

But Leona Aglukkaq tugged back harder.

"I met with the Quebec caucus and they're in support of the legislation as is," she said yesterday.

Bill C-32, also known as the Cracking Down on Tobacco Marketing Aimed at Youth Act, would ban all flavours and additives in tobacco products except for menthol.

THE CANADIAN PRESS

News in brief

ADOPTION International adoption agencies operating in Ontario will now have to provide a clear picture of their financial status to have their annual licences renewed, the province announced yesterday.

THE CANADIAN PRESS

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Comment

Beware the campus sex police

Relating

On the web

- For more views on relating, go to Love Bytes at metronews.ca/blogs

You can't legislate good manners, consideration or discretion, but the futile attempts never end.

Among the latest is a directive to students in residence at Tufts University in Michigan: "You may not engage in sexual activity while your roommate is present in the room. Any sexual activity within your assigned room should not ever deprive your roommate(s) of privacy, study, or sleep time."

Granted, subjecting your roommate to such sights and sounds is the height of bad form, but is it really necessary to alert the authorities?

The new policy replaces sensible solutions like "sexile," in which one asks one's roommate to amscray in order that boot-knocking may proceed in peace, or the time-honoured "Do Not Disturb" tie on the doorknob.

That is what civilized roommates do for one another. They learn to live together and it can be a part of their education. Or you can make more rules and push students around, as Tufts has decided in its transformation into Nanny State U.

This regulation discriminates against the lucky and gives one's roommate an unconscionable degree of control over one's sex life. It's unenforceable, absurd, and, as one commentator on the New York Times website asked, "What if you want to have sex with your roommate?"

What if the coast is clear, and you begin your lawfully constituted activities, only to have *Buzzkillus interruptus* come home mid-shag. Are you required to stop or is the roomie obligated to leave?

More worrying perhaps is the university's warning: "If residents fail to comply with the above stated policy and expectations, their actions will be properly documented and subject to residential judicial consequences."

How does one "properly document" such actions? Will a simple written description of observed activities suffice, or should the roommate get photographic or video evidence? And who's the pervert now?

Why the university felt it necessary to single out sex also puzzles. Will further rules be drafted to make sure students are eating balanced meals, doing their homework and calling their moms weekly? They are after all, adults, and should be left to do their adult thing, as often as the opportunity arises.

Tufts claims the new rules were brought in after a "significant number" of complaints about randy roommates. How many? About 12, it turns out. Tufts has about 8,500 students, and the dirty dozen have now brought collective punishment on them all.

Can't we all just get along *and* laid?

Steve Collins offers his best guesses on relationships for Metro every two weeks.

Views

Polanski and polygamy: What the news tells us

FourthWave

What an instructive week in the news — two things are clear from reading the papers: If you're a Hollywood célébre who raped a child 30 years ago, all is forgiven; and if you wed 25 women and say your religion commands it, no lawyer or judge in Canada will touch you.

As Hollywoodites rush to defend director Roman Polanski, who is facing extradition to the U.S. over a 1977 rape of a 13-year-old girl, some egregious examples of how our society views rape have come to the surface. Polanski's sister-in-law Debra Tate called it a "consensual matter," while Tom O'Neill — who has much to gain from the debacle as senior editor of In Touch Weekly — said, "It's mind-boggling why they're still pursuing this ... The prosecutors in Los Angeles won't let go these many years later."

Oh, those dogged lawyers. Never mind that celebrities seem to be treated with a separate law book, or that Polanski pleaded guilty in the first place.

The statute of limitations does not run out on punishing someone for forcing a child to have sex, and though Polanski may have settled with his victim Samantha Gailey in a lawsuit, he has not paid his dues to society.

Closer to home, B.C. courts threw out polygamy charges against fundamentalist Mormon leaders Winston Blackmore and James Oler on grounds that former B.C. attorney general Wally Oppal had no jurisdiction to "shop around" for a prosecutor willing to take on the case.

From women who have left these "plural" marriages, we've learned about child brides married to men three times their age, women denied education and careers and threatened with death for wanting out. Others are trafficked across the U.S.-Canada border into marriages — according to an RCMP affidavit, seven of Blackmore's alleged 25 wives are American. In short, women in polygamist communities are denied the freedom, equality and choice that ordinary women are afforded, which is why they must be protected.

This is how a misogynistic culture is fostered — when it's condoned by society and squeezed through legal loopholes. No amount of brilliance exonerates a man for raping a child, nor can religion or faulty justice morally excuse men for taking advantage of vulnerable women.

Canice Leung is a former editor of Ryerson University feminist magazine McClung's, copy editor at Metro, ardent feminist and loudmouth.

MICHAEL DE ADDER

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African authorities seize ivory
Authorities in Ethiopia and Kenya have seized more than 1,200 kilograms of bloodstained ivory from about 100 illegally killed elephants at airports, the head of Kenya's Wildlife Service said yesterday. THE ASSOCIATED PRESS

World

Hawking steps down at Cambridge

Physicist Stephen Hawking, left, stepped down yesterday as Lucasian Professor of Mathematics at Cambridge University after 30 years in the post. The roughly 350-year-old position has been held by such luminaries as Isaac Newton and Charles Babbage, one of the fathers of modern computing. It is customary for professors to retire from the post the year they turn 67. Hawking reached that age in January. THE ASSOCIATED PRESS

Massive quake kills at least 200 in Sumatra

Comes just a day after tsunami hits Samoa

A disaster management official says at least 200 people have been killed by the powerful earthquake that struck western Indonesia.

Priyadi Kardono, a spokesman for the National Disaster Management Agency, says the deaths were counted in the coastal Sumatran city of Padang, following yesterday's 7.6 magnitude quake.

A higher death toll is expected once officials tally casualties in other areas of West Sumatra province where communications and roads have been severed.

Kardono said yesterday that about 500 buildings collapsed in Padang — a sprawling regional capital of 900,000 people.

A huge aid operation was under way.

Buildings swayed hundreds of kilometres away in neighbouring Malaysia and Singapore.

The magnitude 7.6 quake hit at 5:15 p.m. local time, just off the coast of Padang, the U.S. Geological Survey reported. It occurred a day after a killer tsunami hit islands in the South Pacific and was along the same fault line that spawned the 2004 Asian tsunami that killed 230,000 people in 11 nations. THE ASSOCIATED PRESS

Second quake

- The U.S. Geological Survey says another powerful earthquake has shaken western Indonesia. The 6.9 magnitude struck at 8:52 a.m. local time this morning on Sumatra island, about 280 kilometres from the epicentre of yesterday's quake.

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Philippines **Storm kills hundreds**

BULLIT MARQUEZ/THE ASSOCIATED PRESS

Residents wade through floodwaters as they make their way to evacuation centres yesterday, in San Pedro, Philippines. One of the most destructive storms in years extended its deadly path across Southeast Asia. The death toll is at 362 and rising.

Top U.S. court aims to nix handgun ban

LAW The U.S. Supreme Court says it will take up a challenge to Chicago's ban on handguns, opening the way for a ruling that could set off a vigorous new campaign to roll back state and local gun controls across the U.S. A ruling against the city's outright ban could lead to legal challenges to less-restrictive laws across the country that limit who can own guns, whether firearms must be registered. THE ASSOCIATED PRESS

News in brief

HEALTH Drug-related deaths outnumber those from motor vehicle accidents in a growing number of U.S. states, according to new government data that highlight a shift in the top cause of deaths after disease and illness.

CAPSIZE A boat carrying 75 tourists capsized on a reservoir in southern India yesterday, killing at least 28 people and leaving dozens missing, police said. Rescuers are looking for 27 other missing tourists. THE ASSOCIATED PRESS

On the web

Exclusive:

- Metro takes closer look at Amnesty International report on failure of Bosnian governments to guarantee rights of thousands of women and girls who were raped during the 1992-1995 war. Go to metronews.ca/world.

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Rio Olympic bid team cry foul

The Rio 2016 Olympics bid team has formally complained to the International Olympic Committee after a report that an official from the rival Madrid bid criticized the Brazilian city. Spanish Olympic Committee vice-president Jose Maria Odriozola reportedly called Rio "the worst bid" of the four candidates. THE ASSOCIATED PRESS

Sports

Ward gets $37.8M deal

The Carolina Hurricanes have locked up goaltender Cam Ward for six more years. The Hurricanes signed Ward to a $37.8-million US contract yesterday. The deal begins next season and runs through 2015-16. The new deal will pay the fifth-year goalie an average of $6.3 million per year. He will earn $3.5 million this season under the terms of his current three-year deal signed in 2007, which expires after this season. THE ASSOCIATED PRESS

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

End of the road?

Ruling may stop Balsillie's hunt for Coyotes

Jim Balsillie might finally be giving up on his dream to own an NHL team.

The Canadian billionaire's dogged pursuit of the Phoenix Coyotes appeared to end yesterday with a ruling in U.S. bankruptcy court.

Even though judge Redfield T. Baum rejected bids from both the BlackBerry boss and the NHL, he suggested the league's offer could still be amended and essentially closed the door on Balsillie.

That brought an end to a five-month process that saw the Canadian billionaire spend an untold amount of money on legal fees and an aggressive public relations campaign. He launched a website, took out advertising and even brought on sponsors in support of his bid to move the Coyotes north from the desert.

None of it was enough to sway the court.

"All I wanted was a fair chance to bring a seventh NHL team to Canada ... (and) I believe I got that chance," Balsillie said in a statement. "I respect the court's decision, and I will not be putting forward an appeal."

Yesterday's court ruling does not close the book on the Coyotes' ownership limbo.

But in the end, the NHL got what it wanted all along — the ability to control the sale process for the money-losing franchise. And the ruling will probably set the scene for the league to fix its bid and then find a new ownership group to keep the franchise in Phoenix — at least for the time being.

THE CANADIAN PRESS

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Olympic high-fives get thumbs-down from officials

VANCOUVER 2010 Games

H1N1 Canada's Olympic victory celebrations at the 2010 Games could be colder than winter itself if athletes pay heed to suggestions to skip the hive-fives and handshakes.

Medical officials are recommending athletes find new ways to celebrate in order to prevent spread of the influenza A (H1N1) virus, also known as swine flu.

"What we've just said to the athletes is think about it, think about the fact that if you get sick at the Games or leading up to the Games, it can undo years and years of hard work," said Dr. Bob McCormack, chief medical officer for the Canadian Olympic Committee.

THE CANADIAN PRESS

Champions League Real Madrid still perfect

DANIEL OCHOA DE OLZA/THE ASSOCIATED PRESS

Real Madrid's Cristiano Ronaldo, left, celebrates after scoring a goal with teammate Kaka during their Group C Champions League soccer match against Olympique de Marseille in Madrid yesterday. Real Madrid maintained its perfect start to the season with a 3-0 victory.

Sports in brief

NFL Derek Anderson will start at quarterback for the Cleveland Browns Sunday against Cincinnati. Coach Eric Mangini has decided to go with Anderson over Brady Quinn.

NFL Colts defensive end Dwight Freeney has a strained right quadriceps but has not ruled himself out of Sunday's game against Seattle.

BASEBALL The Cleveland Indians have fired manager Eric Wedge in the final days of a terrible season. Despite being told he would not be back next season, Wedge will manage the last six games of the season.

TENNIS Robin Soderling cruised into the quarter-finals of the Malaysian Open yesterday by beating Brendan Evans of the United States 6-1, 6-1.

CFL B.C. Lions defensive end Ricky Foley was the CFL's top Canadian in September after recording nine tackles with four sacks.

F1 Ferrari signed Fernando Alonso a year earlier than originally planned, reaching an agreement yesterday with the two-time Formula One world champion for three years beginning next season.

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12 players fined by CFL

The CFL fined 12 players for their involvement in an on-field incident during last week's game between Toronto and Winnipeg. METRO NEWS SERVICES

Doc's last stand?

Jays ace beats Sox in what could be his final start for Toronto

MLB RESULT

Toronto 12 Boston 0

AT

Roy Halladay keeps showing the Toronto Blue Jays what they'll be missing if they trade him.

The big name on the market at the non-waiver deadline two months ago, Halladay wrapped up his season — and perhaps his tenure with Toronto — by throwing a three-hitter for his second consecutive shutout in a 12-0 win over the Boston Red Sox last night.

Now, he'll go into the off-season wondering whether the Blue Jays will try to trade him with one year left on his contract.

Halladay, the 2003 AL Cy Young Award winner, would have to accept any deal.

"I think there's going to be a little of that just because of the things that happened earlier in the year," Halladay said.

"For the most part, a lot of it will be out of my hands. You never want to be in that uncertainty, but you do the best you can with the situation and move on."

The Blue Jays entertained offers for Halladay (17-10) before the July 31 deadline but held onto him.

The Jays hit four homers — two by Randy Ruiz and one each by Lyle Overbay and Jose Bautista — as they won their season-high sixth straight game, while the Red Sox matched their season-high six-game losing streak.

THE ASSOCIATED PRESS

ELISE AMENDOLA/THE ASSOCIATED PRESS

Toronto Blue Jays starter Roy Halladay throws to first to retire Boston's Joey Gathright last night. The Jays won 12-0.

AL Central battle

- The Detroit Tigers beat the Minnesota Twins 7-2 last night to move closer to the AL Central title. Detroit increased its lead to three games over the Twins and can clinch its first division title since 1987 with a victory in today's game.

Braves lose, fall further in wild card race

BASEBALL Ricky Nolasco struck out nine straight Atlanta Braves and set a Marlins record with 16 strikeouts in Florida's 5-4 victory last night.

Trying to make a late push for the NL wild card, the Braves rallied for two runs in the ninth inning and had a chance to win after loading the bases with two outs. But the game ended when Matt Diaz was thrown out trying to scamper back to third following a pitch in the dirt.

After Colorado's win over Milwaukee last night, the Rockies extended their National League wild-card lead to four games over Atlanta with four to play.

THE ASSOCIATED PRESS

No tweets during games, rules NBA

BASKETBALL The NBA is instituting a policy regarding Twitter and other social media sites, banning players from using them during games.

The league sent a memo to teams yesterday telling them that cellphones and other communication devices can't be used from 45 minutes before game time until after players have finished their responsibilities after games. That includes halftime. The rule applies to "coaches, players and other team basketball operations personnel." NBA spokesman Tim Frank confirmed the memo and its contents.

The NBA has more than 1.4 million followers on Twitter, and many players are active on it.

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Rangers add Semenov

Free agent defenceman Alexei Semenov has agreed to terms with the New York Rangers. Semenov and the Rangers reached a deal yesterday, just two days before they open the NHL regular season at Stanley Cup champion Pittsburgh. The 28-year-old had a goal and eight points in 47 games last season with San Jose. THE ASSOCIATED PRESS

NHL Preview

Odds-on faves

According to the Associated Press, the Pittsburgh Penguins, at odds of 5-1, are favoured to repeat as Stanley Cup champions. The Atlanta Thrashers and New York Islanders are tied at 125-1 for the worst odds. METRO NEWS SERVICES

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Edmonton Oilers

LAST SEASON 38-35-9, 85 points (11th in East, missed playoffs).
KEY ADDITIONS G Nikolai Khabibulin, F Mike Comrie.
SIGNIFICANT LOSSES G Dwayne Roloson, F Ales Kotalik, F Kyle Brodziak.
STARS F Shawn Horcoff, F Ales Hemsky, D Sheldon Souray, D Lubomir Visnovsky.
THE BUZZ With only some minor off-season tinkering, the Oilers will look to new head coach Pat Quinn to get more out of the personnel in place. If Khabibulin is on his game and Hemsky emerges, the playoffs are possible.

Calgary Flames

LAST SEASON 46-30-6, 98 points (fifth in East, lost in first round).
KEY ADDITIONS D Jay Bouwmeester.
SIGNIFICANT LOSSES F Mike Cammalleri, F Todd Bertuzzi, D Adrian Aucoin.
STARS G Miikka Kiprusoff, D Dion Phaneuf, D Robyn Regehr, F Jarome Iginla, F Olli Jokinen.
THE BUZZ Cammalleri's departure takes a bite out of the Flames' average offensive depth, but Bouwmeester strengthens an already deep blue-line corps. That, combined with Kiprusoff, should make the Flames stingier defensively.

Montreal Canadiens

LAST SEASON 41-30-11, 93 points (eighth in East, lost in first round of playoffs).
KEY ADDITIONS F Scott Gomez, F Mike Cammalleri, F Brian Gionta, D Jaroslav Spacek.
SIGNIFICANT LOSSES F Saku Koivu, F Alexei Kovalev, F Alex Tanguay, F Robert Lang, D Mathieu Schneider.
STARS D Andrei Markov, G Carey Price.
THE BUZZ Fairly or unfairly, Price is under the microscope, while the personnel in front of him has undergone more changes than any team in the NHL. The production of Gomez, Cammalleri and Gionta will be key.

Toronto Maple Leafs

LAST SEASON 34-35-13, 81 points (12th in East, missed playoffs).
KEY ADDITIONS F Phil Kessel, D Mike Komisarek, D Francois Beauchemin.
SIGNIFICANT LOSSES D Pavel Kubina.
STARS F Jason Blake, D Luke Schenn, G Vesa Toskala.
THE BUZZ This is a tougher, much stronger defensive team than last year's, and Kessel gives them much-needed scoring punch. The Maple Leafs look poised to improve on last season and — if nothing else — won't be easy to play against.

Ottawa Senators

LAST SEASON 36-35-11, 83 points (11th in East, missed playoffs).
KEY ADDITIONS F Alexei Kovalev, F Jonathan Cheechoo, F Milan Michalek.
SIGNIFICANT LOSSES F Dany Heatley, F Mike Comrie.
STARS F Jason Spezza, F Daniel Alfredsson, D Filip Kuba, G Pascal Leclaire.
THE BUZZ Offence shouldn't be a problem, so Leclaire's ability to rebound from ankle surgery will partly determine the Senators' success. Cory Clouston is under the gun to perform after his much-publicized fallout with Heatley.

MATTHEW WUEST/METRO CANADA

Relying on the core

Canucks change little after winning 2 of 3 division titles

The Vancouver Canucks have been dominant since their days as a top choice for video game connoisseurs during the Sega Genesis era and the core of players that won the Northwest Division last year for the second time in three tries is back and hungrier for more.

The Canucks were eliminated in six games by the Chicago Blackhawks in the Western semis last year and recorded 40 or more wins in the regular season for the sixth time in the past eight years. Head coach Alain Vigneault will be behind the bench and is 133-86-27 since the 2006-07 campaign. Vigneault has to be appreciative for the moves Canucks president and general manager Mike Gillis made during the offseason to keep the club competitive.

Gillis' first major move of the offseason was re-signing forwards Daniel and Henrik Sedin to new five-year contracts in July. Daniel and Henrik have played their entire NHL careers with the Canucks after being drafted by Vancouver second and third overall, respectively, in the 1999 NHL Entry Draft. The twin brothers led the Canucks in scoring last season with 82 points apiece, as Daniel notched 31 goals and 51 assists and Henrik posted 22 goals and 60 helpers.

JONATHAN DANIEL/GETTY IMAGES

Daniel Sedin and Sami Salo, two members of the Canucks' nucleus from last season, figure to play important roles if the team is to repeat as division champions.

Locking up the Sedin's was nice, but opening the vault for prized goaltender Roberto Luongo was even sweeter. Luongo was set to become a free agent following the 2009-10 season, and Vancouver wisely inked the 30-year-old to a family-settling 12-year contract extension through the 2021-22 season.

Luongo was named the Canucks' captain prior to last season, when he posted a record of 33-13-7 with a 2.34 goals-against average. It was his fourth consecutive season with at least 30 wins. He also established a franchise record for shutouts in a season (nine) despite playing in only 54 games.

The Canucks will once again be the favorite to win the Northwest Division for the fourth time in six years with all of their core players returning, including stud netminder Luongo. Vancouver has registered two 100-point seasons over the previous three years, and there's no reason why a third shouldn't be on the way in 2009-10.

METRO NEWS SERVICES

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Experts call for Blackhawks-Bruins Cup battle

PREDICTIONS How about a Stanley Cup parade down Robson Street? Or maybe a championship celebration on the Red Mile?

The Canadian Press' hockey writers have pulled out a crystal ball to make some predictions about the upcoming NHL season and see Vancouver and Calgary as the teams most likely to end the country's 16-year Stanley Cup drought.

Roberto Luongo continues to be the cornerstone of the Canucks and has a revamped blue-line working in front of him. In Calgary, the arrival of defenceman Jay Bouwmeester should provide a major boost to a 98-point team from a year ago.

Ultimately, though, we think the champion will again come from an American city and it should be one heck of a final between two resurgent hockey markets in Boston and Chicago.

Can you imagine the excitement surrounding an Original Six matchup?

We see a Bruins team that has skill and depth at every position coming out on top of that one. That means hulking Bruins captain Zdeno Chara will lift the Stanley Cup after first helping his team win the Presidents' Trophy with the best record in the regular season.

THE CANADIAN PRESS

Payroll employment up in July: StatsCan
Total non-farm payroll employment rose by 74,300 in July, up 0.5 per cent from June, Statistics Canada reports. THE CANADIAN PRESS

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Economy stalls in July

The Canadian economic recovery ran into a wall in July, stunning expectations and creating new doubts about just how long it will take for production and jobs to rebound to pre-recession levels.

Following a 0.1 per cent increase in economic growth in June that signalled the end of the recession, economists had been expecting a strong rebound in July of anywhere from 0.5 to 0.7 per cent.

And many of the early indicators were pointing in that direction, particularly the outsized 5.5 per cent pop in manufacturing sales the agency has previously reported.

Instead, the economy delivered a goose egg — zero growth.

m.metronews.ca

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"Okay, this is a shocker. We're not talking about a shot across the bow of the optimists, this is more like a torpedo through the hull," said economist Douglas Porter of BMO Capital Markets.

And it will send economists and policy-makers scurrying back to the drawing board, Porter added, trying to figure out not only what went wrong with their computer projections, but also what the economy will do going forward.

One scenario now clearly in play is that Canada will undergo a period of very slow growth, what analysts refer to as an L-shaped recovery.

"The figures provide a sobering reminder that the technical end of a recession may not imply a rapid recovery," said labour economist Erin Weir of the United Steelworkers union, and that is bad news for workers.

"Whatever path output takes, the labour market will be even slower to recover," because businesses will resort to ramping up work hours of existing employees and taking advantage of productivity gains before resorting to rehiring.

THE CANADIAN PRESS

Russia **Getting ready for unpredictable markets**

IVAN SEKRETAREV/THE ASSOCIATED PRESS

Students of the Skolkovo School of Management are seen in the Baltschug Kempinski hotel across from the Kremlin, where the school is temporarily based. A handful of top Russian business figures have created an MBA program that tackles the issues they faced themselves — bribery, relentless bureaucracy, imperfect laws. Supporters of the school say it will fill an important niche by getting students ready for the unpredictable, sometimes corrupt world of emerging market economies.

Feds delay credit card reform

The federal government is delaying the start date for a key element of credit card reform meant to increase transparency for card users.

The Finance Department has published new rules that come into effect in the new year, but says it won't implement a mandatory 21-day interest-free grace period until next September.

The announcement posted on the department website says starting Jan. 1, credit card issuers must provide a "summary box" on application forms detailing interest rates and fees.

As well, banks must inform clients how long it will take to repay their balance if they only make minimum monthly payments and require approval before increasing the credit limit on a card.

THE CANADIAN PRESS

In brief

POWER PLANT TransCanada Corp. has won a contract to build a $1.2-billion natural gas-fired power plant west of Toronto, as the Calgary-based company continues to add to its presence in Ontario's power market. The Ontario Power Authority awarded TransCanada a 20-year contract to build, own and operate the 900-megawatt plant in Oakville, Ont., set to start producing power by the end of 2013. THE CANADIAN PRESS

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EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

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New buyers: Eat your heart out

One of the few projects to emerge from Vancouver's post-bubble real estate cycle is offering buyers an affordable option that offers stunning views of the downtown against the North Shore mountains.

District, an Amacon development, is located in the middle of the South Main Street neighbourhood at 299 E. 7th Ave. One-bedroom condos will start at $279,900 when sales open this Saturday.

According to the developer, the complex will be designed using state-of-the-art building techniques and rise 10 storeys, which will give homeowners a picturesque view of the mountains and Vancouver's cityscape.

Amenities include two outdoor rooftop patios with a barbecue area, two fireplaces and a vegetable garden. Inside, the building has a fully equipped workout room as well as a media room with surround sound, flat screen TV and a wet bar.

The suites feature large windows, wood floors and spa-like bathrooms. Each kitchen will be decked out with stainless-steel appliances and stone kitchen countertops.

Bob Cabral, Amacon's senior vice president, said the development is "an amazing opportunity for young professionals."

"With District we're aiming to blend affordability with luxury — so people aren't forced to flee to the suburbs to own the home of their dreams," Cabral said.

The homes are scheduled to be ready for occupancy in Spring 2012.

METRO VANCOUVER

Suite Talk

"With District, we're aiming to blend affordability with luxury — so people aren't forced to flee to the suburbs to own the home of their dreams."
Bob Cabral, Senior VP at Amacon

A selection of photographs of the District, scheduled to be ready for occupancy in 2012.

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Fighting chilly drafts
To keep chilly drafts from blowing into your house, check seals around windows and doors and caulk and weatherstrip if necessary. METRO NEWS SERVICES

The inevitable guest: Old Man Winter

HomeScape

As sure as summer follows spring, winter will follow the fall.

And when you live in a northern climate, you come to understand in a very fundamental way that you must prepare for the coming season.

Around the house, that means you must batten down the hatches. There will be cold, and there will be wetness, whether it is rain, slush or snow, and all these things can damage property and must be kept out of your house.

Ice, blowing winds and frigid temperatures have a way of making outdoor work nasty, so why not do the work now, while the conditions are still relatively pleasant?

To heat your house efficiently and keep the heat inside and the cold outside, here are some pointers that will help you keep snug:

• Clean and service your furnace and have your heating system checked out by a qualified HVAC professional.

• If you remember from last year that your home is cold in certain locations, use spray-in insulation foam to close any gaps between the floor and wall, for instance, or underneath windows.

• Check outside as well. If you have bricks that need repointing, or gaps between brick and the roof, for instance, now is a good time to repair cracked or missing mortar between bricks or to seal any gaps. At the same time, check any exhaust vents or any other "holes" in your wall and caulk around them if needed.

• Like a good hat on your head, extra insulation in the attic can do wonders to keep rising heat within the confines of your home.

At the same time, you must ensure good ventilation so that air quality is not compromised.

• Inspect all exhaust venting, whether it be from a stove, a furnace, a dryer, a bathroom or a tankless water heater. Remove any obstruction, such as bird or wasp nests or debris, which can block a vent and force exhaust gases back into your home. If you have a fireplace, check the chimney to make sure it's clear.

Moisture and wetness in your home is a problem year-round, but in winter, the potential for damage increases, especially if it involves water.

• Before freezing temperatures hit, turn off outside water, and remove and store your garden hose indoors.

• Clean your eavestroughs so water will not freeze in the troughs or overflow and cause possible leakage through the foundations.

• Make sure the ground around the foundations slopes away from your house. If you have a driveway or walkway, ensure the gap beside the house and any cracks are sealed.

• Check your roof for any damaged shingles that may leak over the winter.

To protect other property from the elements, remember to store outdoor furniture and the barbecue out of the elements. At the very least, cover them with weather-resistant covers and park them where the wind cannot topple them.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.

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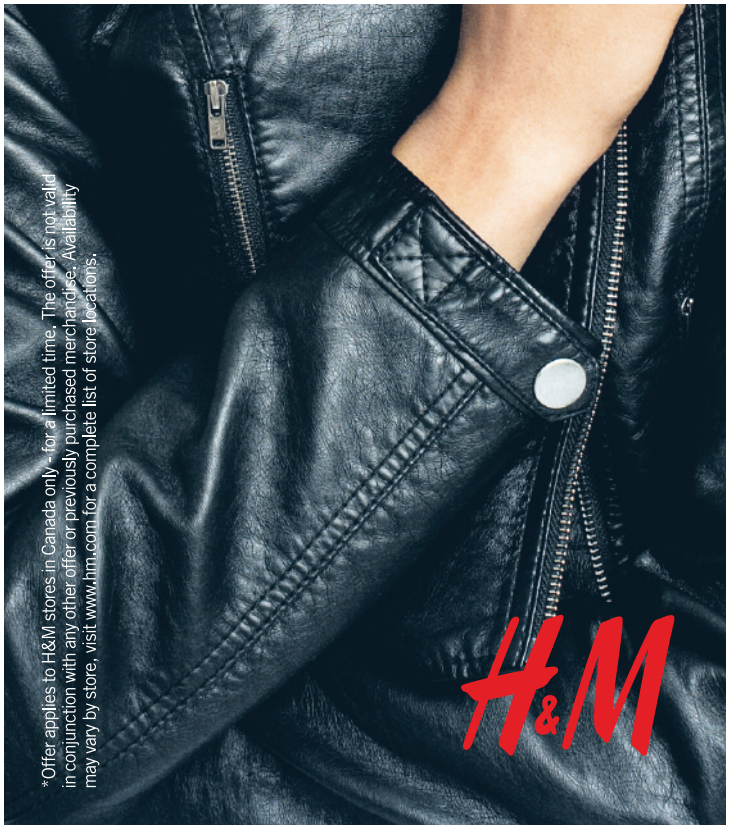

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Style

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

A fashion innovator

Chanel popularized much of what we still wear

SOFI PAPAMARKO
For Metro Canada

Coco Chanel is back in fashion... although she never really fell out of it.

With the release of Audrey Tautou's Chanel biopic Coco Avant Chanel, the creations of the fascinating and highly controversial 20th century fashion designer are being celebrated anew.

Here are just a few Coco Chanel innovations that have withstood the test of time:

Coco Avant Chanel opens in theatres this month

Designer Perfume

Coco Chanel believed that a woman should smell like a woman, not like a flower: "I want to give the world something artificial … like a dress. Something that has been made … I want a perfume that is a composition." Chanel's iconic fragrance debuted in 1921, making it the first-ever designer perfume. Scent-pushers Calvin Klein, Tommy Hilfiger, Jean-Paul Gaultier and Marc Jacobs all have Mademoiselle Chanel to thank.

The Little Black Dress

Chanel popularized this wardrobe staple during the 1920s. No matter what the occasion, if you throw on a little black dress and a string of pearls, you'll look chic and sophisticated. This was true 50 years ago and it is likely that it will still be true 50 years from now. The LBD is flattering, elegant and timeless.

Comfort and Luxury

"Luxury must be comfortable, otherwise it is not luxury." Before Chanel arrived on the scene, women suffered terribly in the name of fashion. Corsets, padding and hobble skirts were de rigeur. "Other designers would make outfits or costumes. Things that didn't necessarily relate to every day," says Toronto, Ont., designer Trish Ewanika (ewanika.ca), whose designs have a similar understated elegance to Chanel's. "(She) would design clothing that a woman could wear day or night. Not a riding outfit or a dress to wear to the opera. Just a nice dress. She was more functional."

Chanel also utilized fabrics previously scoffed at by designers, such as soft and comfortable jersey. "The House of Chanel has remained very true to Coco Chanel's original feel," says Comrags co-founder Joyce Gunhouse. "(They make) clothes that women really want to wear. Because they can live in them."

A Healthy Glow

While Coco Chanel didn't technically "invent" the suntan, she inadvertently made bronzed skin into a fashion accessory.

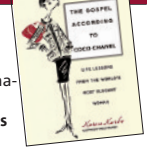
Pallor was considered the very height of beauty until a very tanned Chanel stepped off the Duke of Westminster's yacht after a holiday. From then on, tanned skin became synonymous with a life of leisure, as opposed to a life of toiling in fields. We probably wouldn't have bronzer (yay!) or tanning beds (don't do it!) were it not for Chanel.

Legendary 20th-century French designer Coco Chanel is responsible for many of the designs we still consider "classics" today. (Audrey Tautou portrays Chanel in this photo from the film Coco Avant Chanel).

Style in brief

BOOK Get a modern look at the life of one fashion's most influential icons in The Gospel According to Coco Chanel: Life Lessons from the World's Most Elegant Woman by Karen Karbo ($24.95). The book delves into Chanel's fascinating life story while exploring the French designer's philosophy on a range of themes — from style and passion to money and success. Available at Indigo and Chapters stores across Canada.

METRO NEWS SERVICE



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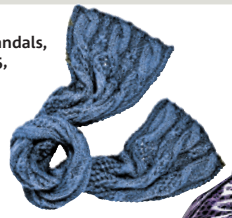
PURPLE REIGNS

ADVICE Royal shades of purple, aubergine, prune,iris and plum lend opulence to winter's austere palette. Mix in shots of cool grey for a fashion statement straight off the catwalk.

Suede T-staps sandals, Nine West ($135, ninewest.ca)



Acrylic knit scarf, Aldo Accessories ($28, aldoaccessories.com)

PVC frame bag, Reitmans ($24, reitmans.ca)

STUDIO ANDRÉ DOYON

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Wool coat, Winners ($100, winners.ca)

Stretch-cotton turtleneck, Dynamite ($35, dynamite.ca)

TIGHT END

Hair Bungees ($9 for two packs of four); Goody Colour Collection Petite Bobby Pins in Black ($3.49 for a pack)

The key to a bump-free ponytail that won't loosen lies in this unsuspecting elastic with hooks. "It's really the number one tool for creating a tight ponytail," says Hallie Bowman, a celebrity stylist for Pantene. "I always use it when I'm doing someone's hair up and I want it to be super-slick."

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Armani's upbeat collection
Giorgio Armani presented a bright and upbeat spring/summer 2010 collection at Milan Fashion Week. The collection featured lots of loose-fitting and comfortable pieces paired with more structured looks. THE ASSOCIATED PRESS

PHOTOS BY LUCA BRUNO/THE ASSOCIATED PRESS
DOLCE& GABBANA

Designers like it hot in Milan

Boudoir styles, once a trademark of Italian fashion, are back for spring/summer 2010.

But rather than the sex pot numbers, which brought out the best in designers such as Dolce&Gabbana and Gianni Versace, this round the look is demure and yesteryear.

Corset tops worn over a jeans bubble skirt, panties peeping out of a pair of short shorts and bra tops veiled in silk chiffon all combine to create a romantic rather than raunchy mood.

Dolce & Gabbana

In this season of lingerie looks, no one could feel more at home than Dolce&Gabbana, who first turned inner wear into outerwear on the Milan runway some 30 years ago.

For spring/summer 2010, the designing duo run the gamut from corsets to culottes in fetching lace, crochet and floral printed silk.

The transparent effect of lace is used on jackets, dresses, skirts and even shoes and bags. A three-piece tuxedo with cropped jacket and jodhpur pants serves as a reminder that you don't have to take your clothes off to be sexy.

Fendi

There is a feel of yesteryear at Fendi, as if someone had opened Grandma's trousseau trunk and wrapped each item in light gauze for protection.

Everything from the old-fashioned bras and panties to bubble skirts, shorts and even the high-heeled shoes is covered in a thin veil, lending an ethereal effect to the new spring/summer collection designed by Karl Lagerfeld.

THE ASSOCIATEDPRESS

FENDI

Right: Many of the Milan Fashion Week collections showcased a demure, nostalgic look with the use of silk and lace-laden garments, including corsets.

H&M to partner with Sonia Rykiel

COLLECTION H&M has its sights set on both barely-there fashions and more cosy creations with its upcoming guest collections from Sonia Rykiel.

The fashion company founded in Sweden is teaming up with the French fashion house for its winter and spring collections. The partnership marks the first time H&M has extended its designer collaboration to the world of lingerie and related accessories for women.

The collection will be launched in 1,500 stores on Dec. 5. The two fashion companies will again collaborate on the spring 2010 collection. THE CANADIAN PRESS

Kardashian-Odom wedding hitting TV
Khloe Kardashian and Lamar Odom's recent nuptials will air in November as a special hour of the reality family's show. It will be called Keeping Up with the Kardashians: The Wedding. **METRO NEWS SERVICES**

Entertainment

Record numbers
The Sunday-night season premieres of Showtime's serial-killer thriller Dexter (actor Michael C. Hall) and comedy Californication achieved record highs for both series, according to a Showtime. EW.COM

EDITOR: DEAN.LISK@METRONEWS.CA

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Memoirs of a pop superstar

Mariah Carey

Album: Memoirs of an Imperfect Angel
Label: Island/Universal
Rating: ●●●

MARIAH CAREY'S LATEST is so predictable that if you've heard her last two albums, you can imagine how it sounds. Produced almost entirely by Tricky Stewart and The-Dream, Memoirs is a glossy composition rife with Mariah's standard thematic touchstones and lyrical reference points. The singer overcomes relationship drama on It's A Wrap, makes some romantic reflections on I Want To Know What Love Is, and indulges in her usual saccharine R&B fluff on Candy Bling. The album is too heavy on the slow jams, and nothing matches the catty charm of her Eminem-baiting lead single, Obsessed.

Jason Richards/for Metro Canada

Lights

Album: The Listening
Label: Universal
Rating: ●●●

IWHEN THEY ANNOUNCED the winner of the new artist of the year award at the Junos in Calgary, the response was a collective "Who?" Which is as it should be in that category, but even insiders had trouble trying to place the 22-year-old Timmins' native known as Lights (real name Valerie Poxleitner). And they can be forgiven. Lights, after all, hadn't even released a full album (it does help to have Q's Jian Ghomeshi as your manager). Now that it's here, The Listening offers few surprises. At least four of the 13 tracks, including singles Saviour and Drive My Soul are already familiar to avid listeners of pop waifery. Lights has the benefit of a great production team led by Tawgs Salter. There's also an undeniable song-writing talent here that Lights' backers are hoping will appeal to electro-pop teens in the same way that Taylor Swift's music has captured the 4-H set.

Graham Rockingham/for Metro Canada

UNIVERSAL MUSIC PHOTO

Memoirs of an Imperfect Angel is the new disc from Mariah Carey.

Jann Arden

Album: Free
Label: Universal
Rating: ●●●½

NOBODY CAN DELIVER a punch line quite like Jann Arden. You don't have to go looking for it in her songs. They just creep up and bite you on the butt. Just like in the title track of the Alberta songwriter's new CD, Free. Just as you're about to get all mopey for some woman who's getting screwed around big time, the kicker comes — "I'm feeling better now that your stuff's out in the yard." That's what you call 'craft.' Arden's music always tugs at our emotions, but rarely allows us to get overly mired in misery. These are songs for a bi-polar world, for people willing to drive helter skelter into life, but, hopefully, still able to hit the brakes before hitting the brick wall. Not everyone's going to like them. Arden fans will, though.

Graham Rockingham/for Metro Canada

MusicReviews

music@metronews.ca

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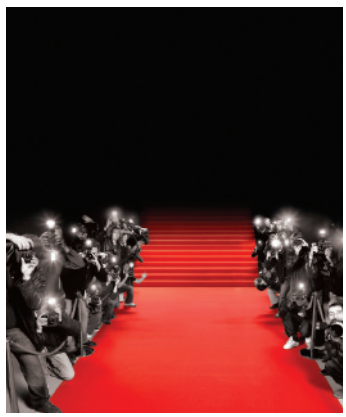

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Criminal Minds spinoff in works

CBS is planning a spinoff from Criminal Minds, The Hollywood Reporter reveals. That show's executive producer/showrunner Ed Bernero and executive producer Chris Mundy are involved, with Mundy writing the script based on a story he devised with Bernero. EW.COM

Page rough 'n' rolling

Actress back to starring role in Whip It after break

NED EHRBAR
for Metro Canada

Ellen Page knows she's not the biggest girl in the world. In fact, she's downright diminutive. But her size didn't cause her to second-guess taking on the lead in Whip It, about a young woman discovering the joys of the rough and tumble sport of roller derby.

"I know I'm a tiny little thing," the Halifax native says. "I've always been a tiny thing, and I've always played sports, and it's never anything that made me hesitate. If anything, it made me more aggressive." And actually, she points out, her size is an advantage for being a jammer, the position in roller derby that has to fly past all the other players to score. (It's all explained in detail in the film.) "You can weave in and out of people," she says.

Page found it easy to connect to Bliss, the small-town Texas teen trying to break free of her pageant-loving mom's grip when she discovers the rough-and-tumble world of roller derby. "I'm playing someone who's found something that ignites a passionate fire within them, and that feeling is amazing," she explains. "I always played sports as a kid and loved it. I played soccer really competitively. And then I got paid to throw my body and my mind into something. I loved roller derby, so I was having a blast."

Whip It marks Page's first starring role since her Oscar-nominated turn in 2007's Juno. And there's a reason audiences haven't seen much of her. "After Juno, I decided to take a year off and went backpacking through eastern Europe with my friend and went camping in Newfoundland," Page says.

Whip It opens in theatres tomorrow

Luckily, her representatives understood. "If anything, they want me to work less than more," she insists. "They want quality over quantity. And if I do something I don't care about, I'm going to suck."

By that rationale, her work in Christopher Nolan's Inception will most certainly not suck, if Page's enthusiasm is any gauge.

"I'm having such a good time," she says of the super-secret project she's currently filming with Leonardo DiCaprio, Marion Cotillard and Joseph Gordon-Levitt. "I'm so happy that it's so secretive. We just constantly reflect on what we're doing, and we're all so excited to be a part of it."

But she saves her highest praise for Nolan himself. "I adore him. He's such an amazing filmmaker, and it's an honour to be in one of his films," she says of the Dark Knight director.

Halifax native Ellen Page stars in the roller derby dramedy Whip It. She is currently working in Christopher Nolan's Inception.

Finance rates are provided by MINI Financial Services, a division of BMW Group Canada Inc., on approved credit with terms up to 60 months on selected 2004 to 2007 MINI NEXT vehicles. Finance example: $20,000 financed at 4.9% APR for 48 months equals a monthly payment of $460.00. Cost of borrowing is $1,905, a savings of $1,370 vs. the standard rate of 8.25% APR. The total obligation is $21,905 (plus applicable taxes). We also offer special lease rates, please see your local MINI Retailer for details. A PPSA or RPMRR registration fee of up to $90, licence, insurance, taxes and registration fees are extra. Retailers are free to set individual prices and charge administration fees which would change the APR. Limited time offer and subject to change. © 2009 MINI Canada. "MINI" and the MINI logo are registered trademarks of BMW AG, used under licence.

Fonda, Tate sister back Polanski

ARREST AFTERMATH Actor Peter Fonda says international authorities had better things to focus on than catching Roman Polanski.

Fonda told a radio station yesterday that "we should have been celebrating the arrest of Osama bin Laden and not the arrest of Polanski."

Polanski

The 69-year-old star of Easy Rider was in Zurich for a film festival. Polanski was also scheduled to attend the festival but was arrested Saturday as he arrived at the Zurich airport.

The 76-year-old Polanski is being sought by U.S. authorities for having sex in 1977 with a 13-year-old girl.

Fonda says Polanski "is not responsible for killing anyone" and noted that the victim has asked for the case to be dismissed

Debra Tate, the sister of Polanski's murdered second wife, actress Sharon Tate, also backed the director, saying he is brilliant and a "good guy" and she doesn't think her former brother-in-law can get a fair trial in the United States.

Tate told NBC television yesterday that the U.S. justice system is broken.

Tate says Polanski did not forcibly have sex with the girl, calling it a "consensual matter."

Sharon Tate was murdered in Los Angeles in 1969 by followers of Charles Manson. She was eight months pregnant.

THE ASSOCIATED PRESS

AUX TV aims to rock out, seriously

IAN NATHANSON
for Metro Canada

In their halcyon days, MTV and MuchMusic were revered as essential music television outlets that shaped pop culture through creative videos, as well as informing fans of emerging talent.

With both networks having shifted their focus to appeasing a younger demographic by airing more reality TV shows, many music fans and artists alike have cried out for a return to those glory days.

That's where AUX TV hopes to fill that void when the popular Internet TV channel launches on to the television airwaves Oct. 1, arguably the first network of its kind to make the transition from the web to television.

"Simply put, we're just trying to program a station for people who love music and music culture," Aux music director Jeff Rogers tells Metro. "But we're also about exposing groundbreaking music and groundbreaking talent, particularly homegrown artists.

From left, I.E., Alexisonfire's George Pettit, Metro columnist Alan Cross and Ingrid Johansson will be hosting shows on AUX TV.

The brainchild of founder/president Raja Khanna, who also serves as co-CEO of GlassBOX Television, AUX began as an online-only station last November, offering videos and interviews with a plethora of independent talent, some not even signed to a specific label. Khanna and Rogers, a former manager, label owner and A&R head for V2 Records (Moby, Stereophonics), also brainstormed on various original series geared to provide decent interaction between artists, music experts and music fans.

The most popular of these shows, Master Tracks, finds an unsigned band forced to record one of its songs in one whole day — within a professional studio setting.

• For more information on which TV channel to find AUX, visit aux.tv

Also on AUX

Other notable original series on AUX TV include:

• **Explore Music with Alan Cross:** Radio personality and Metro columnist offers his weekly insights in a panel format.

• **Strange Notes:** Alexisonfire front man George Pettit interviews emerging talent.

A pain in the gut
Tori & Dean star Tori Spelling was taken to the hospital twice in two days this week with severe abdominal pain, according to a People report and various Tweets from both Spelling and her husband Dean McDermott. EW.COM

‘Paris was magnificent’

Joel Charlebois, the winner of Metro’s Global Photo Challenge 2008, talks about his prize — a trip to Paris

ROMINA McGUINNESS
Metro World News

How was the trip to Paris, was it fruitful in terms of your photography?

Paris was magnificent, through and through. The winding streets, the little shops, café culture and fashionable people galore; it was a marvellous experience. And the Eiffel Tower, I never expected to be so moved by the sight of it. One week in Paris allowed me to see Paris, the celebrity.

Of the shots you took on the trip, which one is your favourite?

Unfortunately, my favourite shot is the shot that I didn’t take. It was after a very long day of walking. We had settled on a terrace in Le Marais for a drink and just as I set my camera down, the most magnificent sight passed me by… a young woman with long brown hair, sporting the obligatory beret, came cycling past with an antique gold picture frame hung across her torso. Had I captured it, it would have been my favourite photo.

Do you think you will actively pursue your photography or keep it as a passion?

Actually, I have been making a greater effort to moonlight in photography, and work has also found its way to me. One of my photos is now illustrating the cover of a hardcover novel — The Way Home by George Pelecanos.

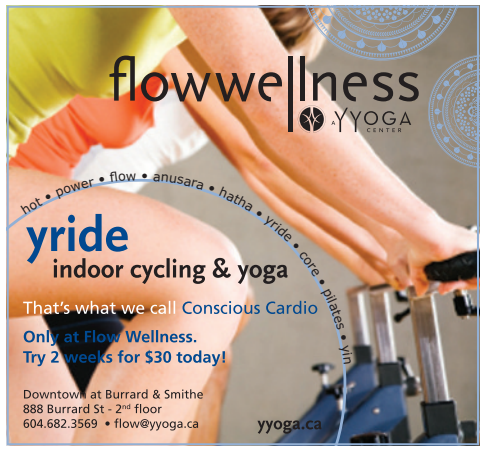


Photo challenge

Joel Charlebois was the second winner of Metro Photo Challenge, with this photo, Midnight Tram to Humber. Now the competition starts again.

The competition
Enter your photos on the themes People, Places and Climate Change.

The prizes
Win one of three trips for two to any city where Metro is published. Global winners’ photos will be published in Metros in 100 cities.

The dates
Metro Global Photo Challenge 2009 starts Sept. 28 and is open until Oct. 20.

The website
metrophotochallenge.com

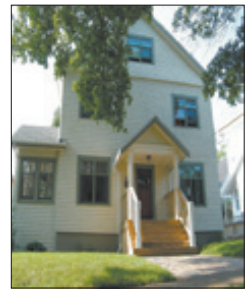
Kenya’sStyle
Kenya Hunt
Read the blog at metronews.ca/kenyasstyle

VA 10/1/09

Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime											
251	308	3 CBC	NHL Hockey Vancouver Canucks at Calgary Flames. (Live) (CC)						CBC News: The National (N)		(:05) The Hour
254	-	8 OMNI	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		The Simpsons
250	321	9 CTV	The Vampire Diaries (N)		CSI: Crime Scene Invstgtn.		Grey’s Anatomy (N) (CC)		(:01) The Mentalist (CC)		CTV News
-	-	10 JOY	Frasier (CC)	The Insider	Stargate SG-1 (CC)		Supernatural “The End” (N)		Perspectives	Ek Noor	New Day
252	336	11 GTV	Entertainment	ET Canada	Survivor: Samoa (N) (CC)		The Office (N)	SNL Update	90210 “The Porn King” (N)		News
256	389	12 VI	TMZ (N) (CC)	Hollywood	FlashForward “White to Play”		Fringe “Fracture” (N) (CC)		(:01) Private Practice (CC)		A News (N)
253	359	13 CITY	The Office	The Office	30 Rock	Parks-Recreat	30 Rock	Community (N)	The Jay Leno Show (N) (CC)		The CityNews
-	-	14 CW	The Office	The Office	The Vampire Diaries (N)		Supernatural “The End” (N)		Seinfeld	Seinfeld	Frasier (CC)
289	381	15 CBS	Entertainment	The Insider	Survivor: Samoa (N) (CC)		CSI: Crime Scene Invstgtn.		The Mentalist (N) (CC)		KIRO News
287	379	16 NBC	Evening Mag.	Inside Edition	SNL Update	Parks-Recreat	The Office (N)	Community (N)	The Jay Leno Show (N) (CC)		KING 5 News
602	568	19 W	Old Christine	Friends (CC)	Friends (CC)	Grocery Bag	Confidential	Confidential	Divine Design	Divine Design	Love It-List It
288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	FlashForward “White to Play”		Grey’s Anatomy (N) (CC)		(:01) Private Practice (CC)		KOMO 4 News
-	-	28 KVOS	M*A*S*H	Seinfeld	Blind Date ★ (1987, Comedy) Kim Basinger, Bruce Willis.				The Office	The Office	Seinfeld
291	383	27 PBS	Rainier: The Mountain (CC)		The National Parks: America’s Best Idea (N) (CC) (DVS)				The National Parks: America’s Best Idea		
290	382	23 FOX	Two/Half Men	Two/Half Men	Bones (N) (PA) (CC)		Fringe “Fracture” (CC)		Q13 FOX News at Ten (N)		Family Guy
-	364	26 PBS	The National Parks: America’s Best Idea (CC) (DVS)				Tavis Smiley	Charlie Rose (N) (CC)		The Mystery of George Masa	
296	654	34 SBK	The Office	Name Is Earl	Frasier (CC)	’70s Show	South Park	Half & Half	Paid Program	Hatchett	Paid Program
298	653	35 TLA	Two/Half Men	Two/Half Men	The Vampire Diaries (N)		Supernatural “The End” (N)		KTLA Prime News (CC)		Friends (CC)
295	651	36 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Friends (CC)	Friends (CC)	Friends (CC)	According-Jim
297	652	37 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Friends (CC)	According-Jim	Family Guy	South Park	Scrubs (CC)
199	311	76 STR	CTV News	NTV Latenight News		Late Show-Letterman		Late Late Show		Inside Edition	Will & Grace
news											
502	390	29 NW	CBC News: The National		CBC News: The National		CBC News: The National		CBC News: The National		National
500	500	69 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports											
407	419	22 RSP	MLB Baseball Oakland Athletics at Seattle Mariners. From Safeco Field in Seattle. (Live)						Sportsnet Connected (Live)		Sportsnet
400	400	30 TSN	SportsCentre (Live) (CC)			Boxing Juan Diaz vs. Paulie Malignaggi. (CC)					SportsCentre
411	457	49 OLN	Ghost Hunters “Club Dead”		Bounty Hunter	Bounty Hunter	Survivorman (CC)		Ghost Hunters “Club Dead”		Bounty Hunter
410	403	54 SCR	College Football		Score Now		Score Now		Score Now		Final Score
417	406	55 SC	Wrecked	Wrecked	Pimp My Ride	Pass Time	Pinks -- All Out		Formula One Racing		
416	409	144 GLF	Fútbol Español		Fútbol Alemán		Gol TV News	MLS Weekly	Gol TV News	Gol TV News	Gol TV News
family											
552	543	25 YTV	Drake & Josh	Family Biz (N)	Malcolm-Mid.	Hates Chris	8 Rules	What I Like	Family Biz	Prank Patrol	Adrenaline
555	545	50 TEL	Stoked (N)	Total Drama	Majority Rules	6TEEN (N)	Futurama	King of Hill	Blade ★★ (1998) Wesley Snipes. (CC)		
557	541	51 FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned’s School	Cory in House	Zack & Cody
553	546	56 TRE	Babar (CC)	Zigby	Max & Ruby	Dragon	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Comfy Couch
cable variety											
268	354	5 KNO	Frontiers of Construction		Francesco	Francesco	Adventures in Architecture		The Kid Stays in the Picture ★★★ (2002)		
575	583	20 CMT	Home Imp.	Home Imp.	Karaoke Star “Halifax”		Reba (CC)	Reba (CC)	According-Jim	According-Jim	Home Imp.
570	580	24 MM	Love Court	Instant Star	One Tree Hill (CC)		You Can Dance		Dance	Love Court	Spotlight
600	564	29 H&G	House	House	Holmes Inspection “Soaked”		Family Reno	Disaster DIY	Holmes on Homes (CC)		House
615	520	61 A&E	The First 48 (CC)		Crime 360 Witness claims.		The First 48 (CC)		The First 48 (CC)		The First 48
628	584	62 SPKE	(6:00) TNA Wrestling (N)		Ultimate Spike	MANswers	MANswers	Halo	Stripperella	Stripperella	Stripperella
521	560	64 TLC	LA Ink “The Final Showdown”		Police Women of Broward		LA Ink “The Final Showdown”		LA Ink “LA Pink” (CC)		LA Ink (CC)
616	522	63 SHO	The Outer Limits “Free Spirit”		Da Vinci’s City Hall		The Best Years “Destiny”		Saving Grace (CC)		NCIS (CC)
620	523	40 BVO	(6:00) Whale Music ★★		Law & Order “Challenged”		Without a Trace “Once Lost”		The Tao of Steve ★★★ (2000) Donal Logue.		
601	562	41 SLC	X-Weighted “Jocelyn” (CC)		ET Canada	What	Biggest Loser Australia (CC)		Beauty and the Geek (CC)		Trading Sp
520	505	42 DIS	MythBusters “Car vs. Rain”		Daily Planet (CC)		Dinosaurs Return to Life		Dino Lab II (CC)		MythBusters
522	506	44 HIS	Ice Road Truckers (CC)		Ancient Discoveries (CC)		Underworld Histories (CC)		Life After People (CC)		Blow Down
627	528	45 SPC	Eureka (N) (CC)		InnerSpace	Stargate SG-1 (CC)		Star Trek: Next Gener.		Star Trek: Voyager (CC)	
294	650	47 TBS	(6:00) The Replacements ★★ (2000)			(:40) Seinfeld	(:10) Seinfeld	Sex and-City	(:10) The Replacements ★★ (2000, Comedy)		
619	525	48 TROP	Seinfeld	Seinfeld	The Outer Limits “Ripper”		ET Canada	TV Made	Family Guy	Seinfeld	Seinfeld
603	561	52 FN	Ace of Cakes	Ace of Cakes	Family	Family	Unwrapped	Unwrapped	Perfection	Perfection	Ace of Cakes
-	-	53 AMC	Analyze This	The Whole Nine Yards ★★ (2000, Comedy) Bruce Willis. (CC)			History of the World: Part I ★★ (1981) Mel Brooks. (CC)				
626	547	57 COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Hot Box	Jon Dore	Daily Show
320	621	60 CEN	Very Merry Daughter		Sweeney Todd: The Demon Barber of Fleet Street ★★★				Mr. Brooks ★★ (2007) Kevin Costner. (CC)		
581	566	101 MTV	Nitro Circus	Pranked (N)	MTV Live	After	Fantasy Fact.	Beatdown	Nitro Circus	Pranked	MTV Live
261	394	102 V	(6:00) The King and I ★★★ (1956) Deborah Kerr. Premiere.				I Was a Male War Bride ★★★ (1949) Cary Grant. (CC)				Paid Program
-	-	105 MUL	Banquet	Boys Over Flo	Vancouver	Shaktimaan	Dheeyan Ghar	Sadabahar	Connections	Desi Rhythms	Patrol World

critics’corner

Family Renovation
Some of us don’t even like having kids underfoot when we’re making sandwiches. Imagine trying to do a huge home renovation project — we’re talking building three new floors — with five children around. This new series follows Marie-France LeBlanc, her husband and five kids — all under 10 years old — through their home’s massive makeover, during which, at her insistence, they all continue to live in the house. 6 PM on H&G



The Vampire Diaries
Elena (Nina Dobrev) asks Stefan (Paul Wesley) to escort her to the town’s annual Founder’s Party. After getting him to invite her to the party, Vicki (Kayla Ewell) accuses Tyler (Michael Trevino) of trying to keep their relationship a secret from his family. Stefan tries to get Damon (Ian Somerhalder) out of his life permanently. Steven R. McQueen also stars in the new episode “Family Ties.” 5 PM on WGN WPX

GET AN EXCLUSIVE LOOK AT THE UPCOMING MOTION PICTURE EVENT OF THE YEAR
2012
On All Your Favourite TV Channels Tonight
Go to SonyPictures.ca for more information
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COLUMBIA PICTURES

Taste of Argentina

Don't forget to discover your inner tango tonight at the Wines of Argentina event tonight at 7 p.m. at the Sutton Place Hotel (845 Burrard St). Over 48 wineries will be on hand, along with bites form visiting Mendoza chef Federico Ziegler. Tickets $59 at tickets.winesofargentina.ca. METRO NEWS SERVICES

Urban Foodie

●●●●● INSPIRED; ●●●●○ VERY GOOD; ●●●○○ PALATABLE; ●●○○○ HO-HUM; ●○○○○ NEVER AGAIN

Viva la Mexican gourmet sandwich

ANYA LEVYKH
anya.levykh@gmail.com

Las Tortas
3353 Cambie St.
Vancouver
604-569-1402
lastortas.ca
Open Daily
11:30 a.m. to 9 p.m.

Signature Drink:
Tamarind Agua Fresca
Signature Dish:
Pierna Torta
Rating: ●●●●○
Dinner & drinks for 2: $25

My only experience with tortas, prior to visiting the recently-opened Las Tortas on Cambie, was bubkhes. Zip. Nada. Not surprising, really, since Vancouver has never had a dedicated "Mexican gourmet sandwich" shop before (does the now-defunct Duffin's Donuts count?), and my visits to the Mayan Riviera have been few and far between.

For those of you wondering what makes a Mexican sandwich "gourmet," think of slow-roasted meats, authentic Oaxaca cheese, refried beans that are good enough to eat on their own, and a perfect, toasty, six-inch bun that is custom-made for the shop. There are also enough jalapeños stuffed in there to clear your sinuses for a solid month, as I discovered on my first visit. I smartened up by my second visit, and ordered heat-free versions.

Slow roasted pork thigh, marinated in Mexican spices ($8.50), was rich, moist and abundant. I also tried the roasted beef with Oaxaca cheese ($9.30), and the Cubana ($9.95), a mountain of pork thigh, ham, breaded chicken breast and panela cheese. A second visit included a vegetarian three-cheese wonder, stuffed with Oaxaca, panela and Monterrey Jack. Most were deeply satisfying, and intensely fresh. And worth the line-ups that will inevitably form once the word gets out.

On the web

- Read the full article online at metronews.ca/vancouver/columnist/40411.
- Chew more on Anya's blog at metronews.ca/vancouver/blog/136310.

ANYA LEVYKH/FOR METRO VANCOUVER

Pierna (slow roasted pork thigh) torta

On the web

Global Peasant:

- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog. Visit metronews.ca/globalpeasant for Mustard Pickles and Vanilla Pears.

Another Arrogant Frog

There aren't many wines in the under-$20 range that can stand serious cellaring, but Arrogant Frog's 2008 Ribet Red might stand the test. This 55 per cent Cabernet Sauvignon, 45 per cent Merlot blend is a deeper, more balanced quaff than the 2007, with a nose of berries, truffles and mocha. It's versatile with food pairings. Try with roast poultry, wild game, medium cheese and dark chocolate. Cellar from five to seven years. $14.99 at BCLS.

Dining out

GIVE THANKS AT ELIXIR
On Oct. 11-12, Elixir Bistro (322 Davie St.) will offer a Thanksgiving Day three-course menu for $50. Choices include wild mushrooms on toast with poached egg, butternut and lobster bisque, wild salmon Wellington, roasted turkey with calvados, and honey-roasted pears with almond financier. Call 604-642-6787.

BON VOYA
Voya Restaurant (1177 Melville St.) is now offering any starter, any main and any dessert from the full dinner menu for $38, Monday to Wednesday, every week. Buy a bottle of wine with your meal and get 40 per cent to 60 per cent off the list price. Call 604-639-8692 or visit voya-restaurant.com for details.

In brief

SOLD Effective immediately, Manuel Ferreira has sold his restaurant Senova (1864 West 57 Ave.) to Roger and Nacimce Rasiah. Ferreira still owns his iconic Le Gavroche downtown, and has an eye to future projects.
BOOK Whistler's Araxi Restaurant has released their first ever cookbook. Executive Chef James Walt's recipes focus on the regional flavours of ranch, field and sea.

DOCKSIDE RESTAURANT in the Granville Island Hotel

Located dockside in the Granville Island Hotel, the Dockside Restaurant offers great food and fantastic city, water, and mountain views.

Open for breakfast, lunch and dinner, its the perfect way to either start or end your day. Come and spend some time on the dock with us at the Dockside Restaurant.

Featured Menu Items

Starters

Smoked Wild Sockeye Salmon Chowder
Chill Squid • Melted Camembert

Entrees

Fraser Valley Free Range Chicken Breast • Ratatouille
Grilled Wild Sockeye Salmon • Oven Roasted Alaskan Black Cod

1253 Johnston Street, (Granville Island)
604.685.7070 | www.docksidebrewing.com

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ADVERTISING FEATURE

Urban Eats

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1141 Hamilton Street
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caponesrestaurant.net

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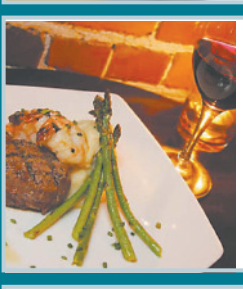

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2272 West 4th Avenue
604.731.7222
prestocucina.ca

For advertising opportunities call 604.602.1002.

Urban Eats runs Thursdays in Metro.

From the fearless master...
Christine Cushing's cooking tip: Lighten up. Don't take the recipe so seriously. Ten different cooks will translate a recipe each in their own way. That's the beauty of cooking. THE CANADIAN PRESS

Urban Foodie

Fearless food

Fearless in the Kitchen premieres tonight on VIVA

HANNAH ZITNER
for Metro Canada

Christine Cushing

When Christine Cushing told her family she was dropping out of university to go to cooking school, there was a communal cry of "no!"

But years later, the celebrity chef has received nothing but glowing reviews and next week will be launching a new TV series teaching catastrophe-prone chefs to hold their own in the kitchen.

"Confidence is key," Cushing says. "When you cook with confidence, your food resonates differently because whatever you do, you're secure in that choice."

That's easy for her to say; Cushing grew up watching her father master recipes and says she was born with an innate talent for cooking.

Her new show, Fearless in the Kitchen, follows those who weren't blessed with the culinary gene on their on their journey from gastronomically challenged to confident cooks.

Interested participants were asked to submit two cooking horror stories and were selected based on the severity of their incompetence.

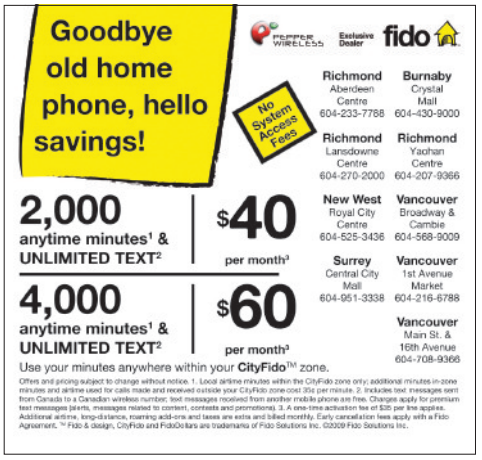
Each episode tracks the want-to-be chefs as they take on culinary challenges from catering an upscale function to working a pannini grilling station at a wedding.

Episode 1 follows Susan, a mother with a busy career who once fastened pineapple to a ham using nails. By the end of the episode, Susan successfully pulls off cocktails for more than a hundred paying customers.

"Every chef starting out needs someone to kind of champion them and get them on their feet and figure out their flaws and strengths and I think that's my role now with lay people."

More than 10 years after Cushing had the confidence to pursue her passion, she's become a staple in the food industry, having hosted three TV series and launched her own product line. However, she says so far this project has been the most entertaining and challenging.

"We all have failures, things happen, kitchens blow up, you added too much salt, but you can't be afraid of the outcome and of failure. You change it, you fix it, and you move on."



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Steady Rain's steady numbers

Hugh Jackman and Daniel Craig are setting box office records with their Broadway play, A Steady Rain. Last week, the show scored the highest weekly ticket sales of a non-musical play, earning just under $1.17 million US. METRO NEWS SERVICES

Celebrity Buzz

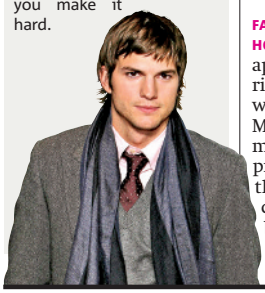
Well, if the acting doesn't work out...

SHOVEL IT Ellen Page loves shovelling goat manure, femalefirst.co.uk reports. The 22-year-old actress took time away from the spotlight after appearing in 2007 movie Juno to deal with her newfound fame, and found completing manual tasks helped her relax. METRO NEWS SERVICES

Celebrity tweets

Neil Gaiman deals with the harvest, Ashton Kutcher has a simple philosophy on life and Sarah Silverman has a troubled relationship with her Twitter followers

- @neilhimself First frost outside. All the mad bringing-in-tomatoes efforts from yesterday were actually sensible. How odd.
- @aplusk everyone loves puppies
- @SarahKSilverman Goodnight strangers. I am trying to still believe in love, but you make it hard.



Still together ... for now?

TROUBLE IN PARADISE? Despite reports that Justin Timberlake and Jessica Biel's two-year relationship is over, sources tell People the couple has not broken up.

In fact, on Monday night they were photographed together while on a getaway in Northern California.

"They're together," says an insider. "They're not breaking up. Any time they spend time apart it's because they're working."

Over the summer, Timberlake, 28, was in Europe promoting his Givenchy fragrance and William Rast clothing line, while Biel, 27, remained in Los Angeles where she starred in Guys and Dolls.

But in January, the actress plans to climb Mt. Kilimanjaro (as part of the star-studded Summit on the Summit expedition to raise awareness for clean water), and Timberlake, says sources, is in talks to join her.

Whether the couple will still be together in three months is another story. According to a second source, they are going through a rough-patch.

"Things have been a bit up in the air recently," says the source.

"They've been spending more time apart — more time with each of their friends, and they've been reevaluating (their relationship)."

As for rumours that Timberlake has been getting close to Rihanna, a source close to her insists that the relationship is purely professional: "They're working together. They were in the studio for her album and they'll be going back in again." METRO NEWS SERVICES

Pop star, boy toy in on NYC scene

LIVIN IT UP Madonna has been hitting the town in New York with boyfriend Jesus Luz, popping up at an East Village cocktail bar with Jessica Seinfeld and a Meatpacking District restaurant with the director of her Truth or Dare documentary, according to Page Six. Madonna was then seen escorting Luz into a downtown gay club, where sources say she was "hoping to get him some DJ experience in her old 'hood." METRO NEWS SERVICES

Cruz mum on lady lip-locks

SHE DOESN'T KISS AND TELL Penelope Cruz refuses to rank her onscreen female kissers.

The star has previously locked lips with Charlize Theron in 2004's Head in the Clouds and Scarlett Johansson in last year's Vicky Cristina Barcelona.

When asked by Vanity Fair which was better, the actress demurs: "No matter how I answer that I will be in trouble," she says.

"Both were pretty beautiful partners." METRO NEWS SERVICES

No sex equals no babies for Pratt

FATHERHOOD NOT ON THE HORIZON Spencer Pratt is apparently so worried that his wife, Heidi Montag, might get pregnant that they've cut back on being intimate, he admits to PopWrap. "I'm not even kidding, my wife — OK, I'm gonna get crass here — but we're barely having sex because I'm scared that she's going to have a baby," he says. "That's the level our marriage is at right now." METRO NEWS SERVICES

Conrad's book coming to a screen near you

IT'S A REALITY LIFE Call it a case of art imitating life imitating art imitating life, ad infinitum, people.com suggests. That's right: Lauren Conrad's novel about a regular gal whose life changes when she stars on a reality show is going to be made into a movie.

The producers of the megahit movie series Twilight, Temple Hill Entertainment, have acquired the rights to turn L.A. Candy into a motion picture, Variety reports.

The novel, which came out in June, is about a 19-year-old girl who moves to Hollywood and ends up as the lead in a reality series. In other words, it's basically inspired by the real-life adventures of Conrad, who began starring in Laguna Beach around the age of 19, then got her own show two years later. The Hills, of course, is a reality show about a group of attractive Los Angeles young adults who go about their lives as if they're living a soap opera.

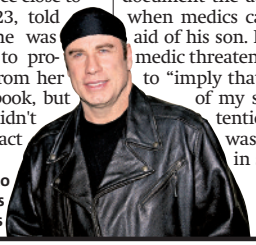
In July, a source close to Conrad, now 23, told People that she was fielding offers to produce a film from her bestselling book, but that she didn't want to act in it. METRO NEWS SERVICES

Travolta testifies he was threatened

COURT CONTINUES John Travolta has told a Bahamas court a local paramedic threatened to sell stories to the media suggesting the actor was at fault in the death of his 16-year-old son.

Travolta testified the paramedic who is now on trial for extortion, demanded $25 million from the actor. He was testifying in the trial of paramedic Tarino Lightbourne and lawyer Pleasant Bridgewater.

Travolta told the court Lightbourne had a consent document the actor signed when medics came to the aid of his son. He says the medic threatened to use it to "imply that the death of my son was intentional and I was culpable in some way." THE CANADIAN PRESS



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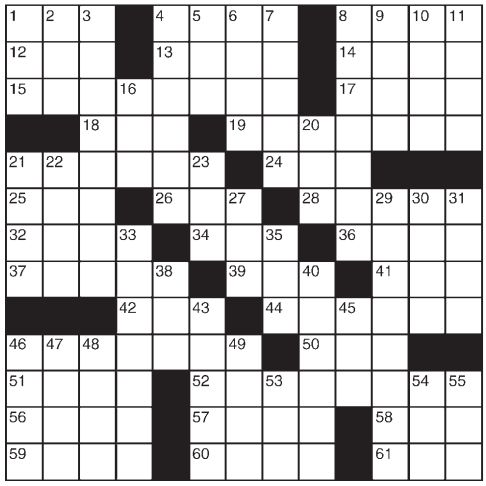
Take Five



ACROSS

1 Lobbyists' grp.
4 Essence
8 Rich soil
12 Under the weather
13 Sunscreen ingredient
14 Between jobs
15 Makeshift stain remover
17 Rind
18 — -relief
19 Not naked
21 No, for one
24 Have a go at
25 Eggs
26 Aye undoer
28 Treetop decoration, often
32 Dweeb
34 Trump casino hotel, for short
36 Geologist's sample
37 Bad lighting
39 Bankroll
41 Whopper
42 Scull need
44 Short jacket
46 A water sign
50 Fraud-monitoring org.
51 Injury
52 Chorus of a sort
56 Vicinity
57 Verve
58 Work with
59 Cow's hurdle?
60 Fat
61 Satchel

DOWN

1 Snapshot
2 Every crumb
3 Where riders lounge
4 Relay
5 U.N. workers' grp.
6 Lincoln in-law
7 Soul mate?
8 Emulate Milli Vanilli
9 Praiseful pieces
10 Sheltered
11 Pinochle ploy
16 Cudgel
20 Detergent brand
21 Lady of Spain
22 Finished
23 Scoundrel
27 Deviate off course
29 Iron, e.g.
30 One of HOMES
31 Lascivious look
33 Entry-level job?
35 Discord
38 Siesta
40 Protect
43 Bright star of Orion
45 List-ending abbr.
46 Counterfeit
47 "— nome" (aria from "Rigoletto")
48 Sandwich treat
49 Stewpot
53 Corn spike
54 NAFTA signatory
55 Plead

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

5				6	8	9		7
2	7						5	
				5	1		3	
	3					2		
			1		7			
		4					7	
	6		3	2				
	4						9	3
3		7	6	1				4

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

D	I	M	■	S	E	A	R	■	B	A	D	E
A	N	A	■	U	R	G	E	■	A	L	O	E
I	C	Y	■	B	R	E	A	K	N	E	C	K
S	H	O	A	L	■	■	P	E	T	■	■	■
■	■	■	R	I	C	A	■	N	E	W	E	L
B	O	O	K	M	A	R	K	■	R	A	C	E
A	L	P	■	E	R	I	E	S	■	C	H	A
S	L	A	W	■	B	A	N	K	B	O	O	K
S	A	L	A	D	■	S	O	U	R	■	■	■
■	■	■	L	I	E	■	■	L	A	T	E	X
B	R	O	K	E	B	A	C	K	■	O	R	R
R	E	D	O	■	B	L	U	E	■	A	G	A
O	V	E	N	■	S	L	E	D	■	T	O	Y

8	5	3	4	1	2	6	9	7
2	9	4	8	6	7	1	5	3
7	6	1	3	9	5	8	4	2
9	2	5	7	4	1	3	6	8
4	8	7	5	3	6	9	2	1
1	3	6	2	8	9	4	7	5
3	4	2	9	5	8	7	1	6
6	7	8	1	2	4	5	3	9
5	1	9	6	7	3	2	8	4

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Stephanie's Easy Chicken

Submitted by Stephanie Lozon, Annan, Ont.

INGREDIENTS:

6 chicken breasts
6 slices of shaved prosciutto
1-1/2 cups of dry white wine
1 cup of cherry tomatoes or chopped tomatoes
6 fresh basil leaves or 1 tsp dried crushed basil
1 glove of garlic minced
6 slices of Swiss cheese
Salt and pepper to taste

METHOD:

1. Pre-heat oven to 375C.
2. Place chicken in baking dish. Wrap each piece of chicken with prosciutto; add chopped tomatoes or cherry tomatoes sliced in half.
3. Add torn basil, garlic and salt and pepper over dish. Pour wine over dish to make sure chicken remains moist.
4. Put in oven. Sit back and enjoy a glass of wine while it cooks for 30 minutes.
5. Then add the Swiss cheese over chicken and cook for another 10 minutes or until melted.

SERVES 6
PREP TIME: 5 MINUTES
COOK TIME: 40 MINUTES

Weekly winners

• Exclusive contest for Metro readers! Visit 20minutesupperclub.com/metro and be entered to win a $50 President's Choice gift certificate to stock your cupboards with delicious PC products. For product information and store locations, visit PC.ca. A weekly winner will be drawn from now until the end of October.

20 minute SUPPER CLUB

20 Minute Supper Club helps you get dinner ready in a snap. Sign up for quick and delicious recipes, cooking and food tips. It's free at **20minute supperclub.com**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
You're in an argumentative mood and once you start challenging other people's views you will find it hard to stop.

TAURUS ♉
APRIL 21-MAY 21
The problems you face may be tough but you are tougher and before the day is over even your enemies will respect you for your tenacity and self-belief.

GEMINI ♊
MAY 22-JUNE 21
Mercury, your ruler, aspects Mars, planet of ego, which may be good news or bad news depending on how you handle the energies it releases.

CANCER ♋
JUNE 22-JULY 22
It may be the start of a new month but it is an old problem that will cause you most grief. Fortunately, Mars gives you a touch of ruthlessness.

LEO ♌
JULY 23-AUG 23
It's not like you to be so defensive but for some strange reason you seem to think you need to make excuses for your behaviour.

VIRGO ♍
AUG 24-SEPT 22
Not everyone shares your way of looking at the world, and you need to get your head around that fact.

LIBRA ♎
SEPT 23-OCT 23
Someone in a position of authority will put you to the test today and you will come through with flying colors.

SCORPIO ♏
OCT 24-NOV 22
Try to avoid being too aggressive today, especially if you are the kind of Scorpio who knows how to use words as a weapon.

SAGITTARIUS ♐
NOV 23-DEC 21
Certain changes need to be made and you've made it your business to force them through whether or not others agree with you.

CAPRICORN ♑
DEC 22-JAN 20
Someone with a strong personality will give you a hard time today, but you are not the sort to take it without giving as good as you get.

AQUARIUS ♒
JAN 21-FEB 18
Are you doing too much? If you are your body will send you some obvious warning signals today and if you are wise you will act on what they tell you.

PISCES ♓
FEB 19-MARCH 20
You will be incredibly assertive today and anyone who thinks you will accept a lesser role in whatever drama is unfolding is sure to be disappointed.

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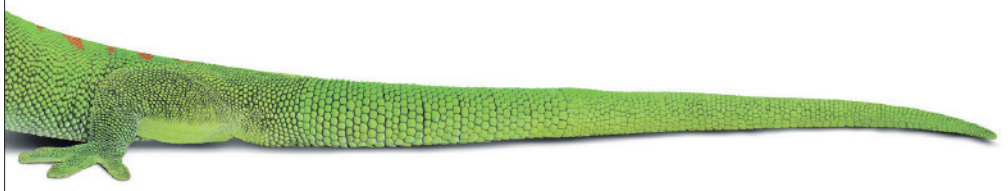

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